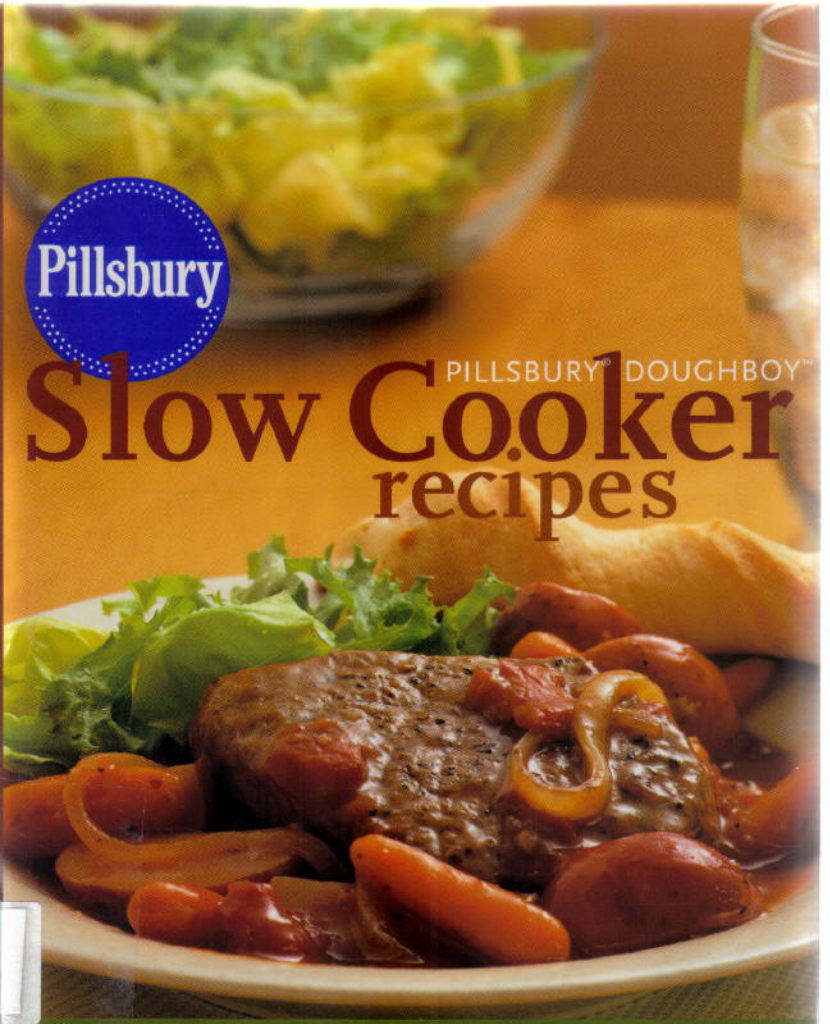

Pillsbury
PILLSBURY® DOUGHBOY™
Slow Cooker
recipes
140 NEW WAYS TO HAVE DINNER READY AND WAITING!



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PILLSBURY® DOUGHBOY™

Slow Cooker

RECIPES





The Pillsbury Company

PILLSBURY® DOUGHBOY™

Slow Cooker RECIPES

140 New Ways to Have Dinner Ready and Waiting!

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FRONTIS PHOTOGRAPH: BEEF AND BEAN TAMALE PIE, PAGE 26

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introduction

welcome to pillsbury doughboy slow cooker recipes

As busy lives speed up, cooks are slowing down by making the most of their slow cooker. Slow cooking is great when you want to "fix it and forget it," so you can enjoy the best part of the meal—sharing it with family and friends. Check out these slow cooker secrets to help you make your recipes their slow-simmered best.

Top 10 Tips for Slow Cooker Success

1. Get to Know Your Cooker

First things first: Become familiar with your slow cooker. Just as ovens cook differently, so do slow cookers.

- Some slow cookers cook food continuously at very low wattage. This type of cooker is called a *continuous slow cooker.* The heating coils are in the outer metal shell, and they stay on constantly to heat the crockery liner. A continuous slow cooker has two or three fixed settings: low (about 200°F.), high (about 300°F.) and in some models, auto, which shifts from high to low automatically. It may or may not have a removable ceramic liner.
- Another type of slow cooker is the *intermittent cooker,* which has a heating element in the base on which the container stands. The heat cycles on and off to maintain a constant temperature. If your slow cooker has a dial with numbers or temperatures, it is an intermittent cooker. It's important to read and follow the manufacturer's instructions for these cookers so you can determine what settings to use.
- Slow cookers also come in many sizes, from 1 quart (perfect for dips and spreads) up to 6 quarts (ideal for large cuts of meats and crowd-size recipes). Check the capacity of your cooker to see if it fits the size recommended in the recipe you are making. Generally, slow cookers work most efficiently when they're between two-thirds and three-quarters full of food.

2. Begin with the Basics

Successful slow cooking starts with some simple strategies:

- Before adding food to the slow cooker, spray the inside of it with nonstick cooking spray to make cleanup easier.

- Food placed in the bottom of the slow cooker will often be moister (from being in the cooking liquid), and meat, such as ribs, roasts and chicken, will fall off the bones sooner. To help meats cook evenly, rotate meats halfway through cooking.
- Root vegetables, such as potatoes and carrots, take longer to cook, so cut them into smaller pieces and place them in the bottom of the slow cooker (closest to the heat source).
- To keep fat and calories in your finished dish to a minimum, remove the skin from poultry and trim excess fat from meats before cooking.
- Cook and drain ground meats before adding them to the slow cooker, to reduce the fat content of the finished dish.
- Brown meats and poultry in a skillet before placing them in the slow cooker. Although this isn't necessary, browning can enhance the flavor and appearance of your finished dish.

3. Time It Right

One of the great things about a slow cooker is that it needs very little clock watching. For the most part, you can prepare the recipe, turn on the cooker and then forget about it until you're ready to eat. Although slow-cooked recipes don't require any tricky timing, here are a few timely tips to keep in mind:

- Many recipes use the low setting because a longer cooking time often fits better into your daily schedule. However, you can shorten the cooking time by turning the slow cooker to high for 1 hour, which counts as 2 hours on low.
- Smaller is not always faster. Baby carrots, for example, take longer to cook than some other veggies. Don't forget to check for doneness.
- Slow cookers offer flexibility. Most cooked food can be held up to an hour on the low setting without overcooking. Some recipes, such as dips and spreads, can be kept on low for several hours. Just be sure to check occasionally to see if they need to be stirred.
- Resist the temptation to lift the lid on your slow cooker until shortly before serving. Removing the cover allows heat to escape and adds 15 to 20 minutes to the cooking time. If you want to see inside, try spinning the cover until the vapors fall off.

4. Add a Flash of Flavor

To get the most flavor from the foods you cook in your slow cooker, try these hints:

- Use dried leaf herbs instead of ground because they retain their flavor during the longer cooking time. Fresh herbs should be stirred in during the last hour of cooking so they stay flavorful. It's always a good idea to taste before serving to see if additional seasoning is needed.
- Ground red pepper (cayenne) and hot pepper sauce tend to become bitter during long slow cooking. Use small amounts and taste during the last hour of cooking to decide whether you need to add more.
- For a more pronounced flavor in soups and stews, substitute broth for the water or add bouillon cubes with the water.
- You can develop the flavors in the juices by removing the lid and cooking on the high setting for the last 20 to 30 minutes. This evaporates the water so the flavors become more concentrated and intense. Use the juices as a base for a sauce or gravy, or serve them as is over meats.

5. Plan a Perfect Ending

Sometimes you have to save the best for last, and slow cooking is no exception.

- Some herbs, such as oregano and basil, change flavor with an extended cooking time. Stir these in during the final hour of cooking.

- Fish and seafood fall apart during long hours of cooking, and some seafood, such as shrimp, becomes very tough. Add these ingredients during the last hour of cooking.
- Tender vegetables, such as fresh tomatoes, mushrooms and zucchini, should be added during the last 30 minutes so they don't become overcooked and mushy.
- Frozen vegetables will keep their bright color and crisp-tender texture if you add them during the last 30 minutes of cooking.
- Long-cooked dairy products such as milk, sour cream and cheese have a tendency to curdle. Keep sauces and gravies from "breaking down" by adding these ingredients during the last 30 minutes of cooking.
- For a little extra flavor or texture, sprinkle the top of your slow cooker meal with chopped fresh herbs, grated cheese, crushed croutons or corn chips, chopped tomatoes or sliced green onions just before serving.

6. Thicken It Up

Slow cookers are covered during cooking, so you will have an ample supply of rich, flavorful juices. Use these juices as a base for gravy or a sauce.

- To make gravy, pour the juices into a saucepan. Remove and discard any excess fat. For every cup of juice, use 1 tablespoon of cornstarch or 2 tablespoons of all-purpose flour. For a thinner sauce, decrease the cornstarch or flour by half. Mix the cornstarch or flour with a small amount of cold water, stirring well. Stir into juices and cook over medium-low heat, stirring occasionally, until mixture is smooth and bubbly.
- To thicken stews or other main dishes, turn the slow cooker to the high setting. For each 2 cups of liquid, mix 2 tablespoons cornstarch and 2 tablespoons cold water (or ¼ cup all-purpose flour and ¼ cup cold water). Stir mixture into the cooker. Cover and cook for 20 to 30 minutes.

7. Play It Safe

Be "food safe" and check this list of food safety guidelines before you use your slow cooker.

- Thaw meat and poultry in the refrigerator or in a microwave oven following the manufacturer's directions. Do not thaw at room temperature.
- Cook and drain all ground meats before adding them to the slow cooker to destroy any bacteria that the meat may contain.
- Do not undercook foods. For food-safety reasons, slow cooker recipes containing raw poultry or beef should cook a minimum of 3 hours. Do not cook whole chickens in a slow cooker because the temperature of the chicken cannot reach the desired level quickly enough for food safety.
- Don't use your slow cooker as a storage container. Remove leftovers from the slow cooker and refrigerate or freeze as soon as you are finished eating. Cooked food shouldn't stand at room temperature longer than 1 hour.
- Food should not be reheated in the slow cooker. Instead, reheat food in a saucepan on top of the stove or in the microwave.

8. Take It to Go

A slow cooker is the perfect appliance to take to potlucks, bring to family gatherings or carry to the cabin. Here are some handy tips to help you tote your food:

- Wrap the slow cooker in a towel or newspaper to keep it warm, then place it in a box (or other container) that will stay flat in your car.

- Attach rubber bands around the handles and lid to secure the lid when traveling.
- Serve cooked food within an hour, or plug in the slow cooker and set on the low (or "keep warm") setting to keep the food warm for hours.

9. Adapt Your Own Recipes

When you want to use a favorite family recipe in the slow cooker, consider these things:

- Look for a similar recipe in this cookbook to use a guide for quantities, amount of liquid and cooking time.
- Unless you are making a soup, reduce the amount of liquid in your recipe by about half because liquids do not boil away as much as in other methods of cooking.
- Use less-expensive cuts of meat, which will work well in the moist heat and low temperatures of the slow cooker. Trim as much visible fat as possible from the meat before cooking so there is less fat to remove from the finished dish.
- Instead of using fresh dairy products, such as cheese and milk, which can curdle, try canned condensed soups, nonfat milk powder or canned evaporated milk. Or add the fresh ingredients near the end of cooking.
- Be sure to allow sufficient cooking time. Most soups, stews and one-dish meals require 8 to 10 hours on the low setting.

10. Cook It Right at High Altitude

For people who live at higher altitudes (3,500 feet and above), everyday cooking, including slow cooking, presents unique challenges. Trial and error is often the best way to make improvements because no set rules apply to all recipes. Following these guidelines will help:

- Most foods take longer to cook, particularly meats cooked in boiling liquid. The time may be up to twice as long as the recipe suggests for meats to become tender. Try cooking meats on the high setting instead of on low to shorten the cooking time.
- Dried beans will also cook more slowly. We recommend using the overnight soaking in water method before cooking them in the slow cooker.
- Cutting vegetables into smaller pieces than the recipe suggests will help them cook more quickly.
- Call your local U.S. Department of Agriculture (USDA) Extension Service office, listed in the phone book under "County Government," with questions about slow cooking at high altitude.

Meet the Doughboy

Name: "Poppin' Fresh"

First Appearance: 1965

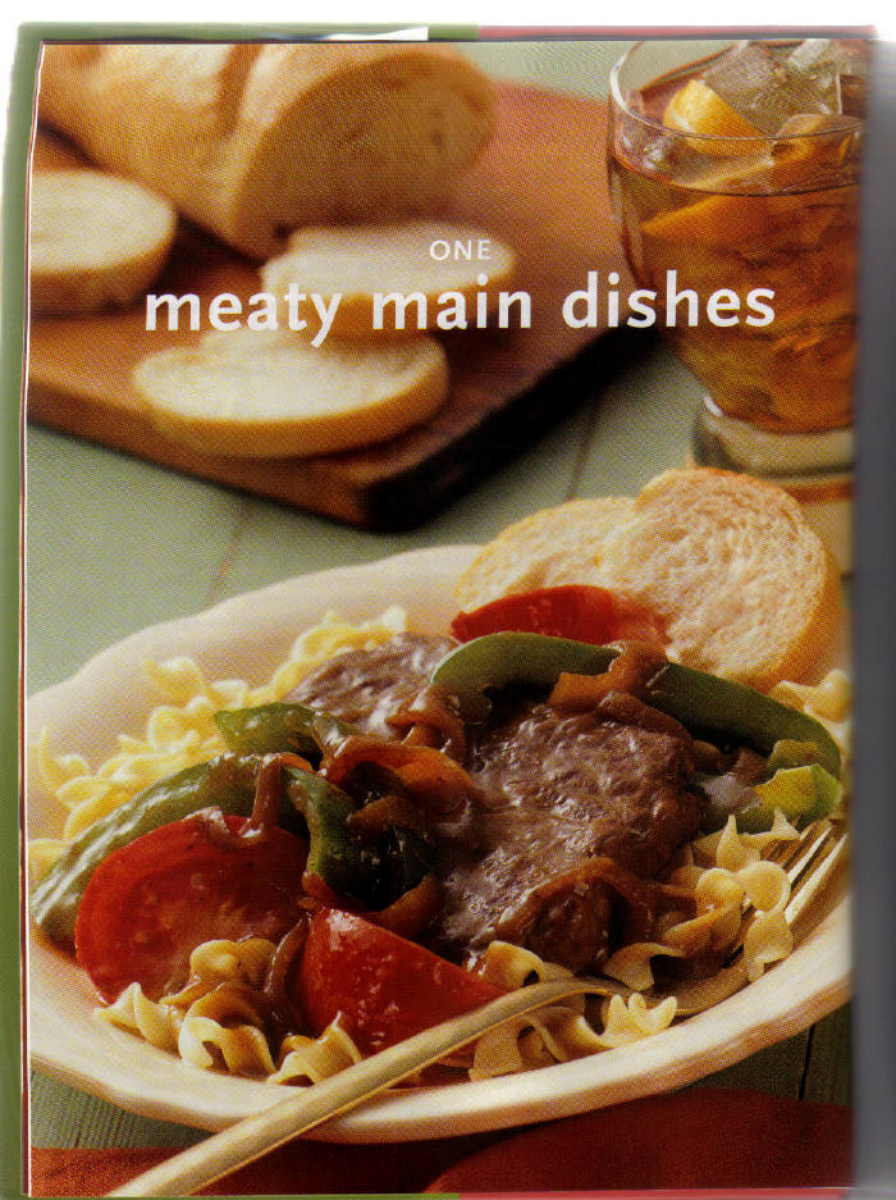
Height: 8¼ inches

Weight: 14 ounces

Eyes: Blue

Made of: Dough (what else?)





ONE

meaty main dishes



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cajun pot roast with corn and tomatoes

YIELD: 6 SERVINGS

Prep Time: 10 minutes (Ready in 10 hours 10 minutes)

1 (2- to 2½-lb.) boneless beef chuck roast

1 tablespoon dried Cajun seasoning

1 (9-oz.) pkg. frozen corn in a pouch

½ cup chopped onion

½ cup chopped green bell pepper

1 (14.5-oz.) can diced tomatoes, undrained

⅛ teaspoon pepper

½ teaspoon hot pepper sauce

1. Rub entire surface of beef roast with Cajun seasoning. Place beef in 4- to 6-quart slow cooker. Top with corn, onion and bell pepper.

2. In small bowl, combine all remaining ingredients; mix well. Pour over vegetables and beef.

3. Cover; cook on low setting for 8 to 10 hours.

4. Remove beef from slow cooker. Cut beef into slices. Serve corn mixture with slotted spoon.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 270 • Calories from Fat 80 • % Daily Value: Total Fat 9g 14% • Saturated Fat 3g 15% • Cholesterol 105mg 35% • Sodium 580mg 24% • Total Carbohydrate 12g 4% • Dietary Fiber 2g 8% • Sugars 4g • Protein 36g • Vitamin A 10% • Vitamin C 20% • Calcium 4% • Iron 25% • **DIETARY EXCHANGES:** 1 Starch, 4 Very Lean Meat, 1 Fat
OR 1 Carbohydrate, 4 Very Lean Meat, 1 Fat

SERVE WITH

For a true Cajun-style dinner, serve hush puppies and hot cooked rice with this spicy roast. Cool down with a pitcher of iced tea, and for dessert offer up some warm bread pudding.

beef brisket with cranberry gravy

YIELD: 8 SERVINGS
Prep Time: 10 minutes (Ready in 10 hours 10 minutes)

1 (2½-lb.) fresh beef brisket (not corned beef)
½ teaspoon salt
¼ teaspoon pepper
1 (16-oz.) can whole berry cranberry sauce
1 (8-oz.) can tomato sauce
½ cup chopped onion
1 tablespoon prepared mustard

1. Rub surface of beef brisket with salt and pepper. Place beef in 4- to 6-quart slow cooker. In small bowl, combine all remaining ingredients; mix well. Pour over beef.

2. Cover; cook on low setting for 8 to 10 hours.

3. Remove beef from slow cooker. Cut beef across grain into thin slices. If desired, skim fat from cranberry sauce in slow cooker. Serve beef with sauce.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅛ of Recipe • Calories 305 • Calories from Fat 90 • % Daily Value: Total Fat 10g 15% • Saturated Fat 4g 20% • Cholesterol 80mg 27% • Sodium 440mg 18% • Total Carbohydrate 26g 9% • Dietary Fiber 2g 8% • Sugars 22g • Protein 30g • Vitamin A 6% • Vitamin C 4% • Calcium 2% • Iron 16% • **DIETARY EXCHANGES:** 1½ Fruit, 1 Vegetable, 4 Very Lean Meat, 1 Fat **OR** 1½ Carbohydrate, 1 Vegetable, 4 Very Lean Meat, 1 Fat



DOUGHBOY TIP
Whole berry cranberry sauce looks especially pretty in this dish, but you can also use a can of jellied cranberries with equally delicious results.

caramelized onion pot roast

YIELD: 12 SERVINGS
Prep Time: 25 minutes (Ready in 10 hours 25 minutes)

1 tablespoon olive or vegetable oil
1 (4-lb.) boneless beef chuck roast
1 teaspoon salt
½ teaspoon pepper
6 medium onions, sliced
1½ cups beef broth
¾ cup beer or nonalcoholic beer
2 tablespoons brown sugar
3 tablespoons Dijon mustard
2 tablespoons cider vinegar

1. Heat oil in large skillet over medium-high heat until hot. Add beef roast; cook about 10 minutes or until browned on all sides, turning occasionally. Sprinkle with salt and pepper.

2. Place onions in 3½- to 6-quart slow cooker. Place beef on onions. In small bowl, combine all remaining ingredients; mix well. Pour over beef and onions.

3. Cover; cook on low setting for 8 to 10 hours.

4. With slotted spoon, remove beef and onions from slow cooker. Cut beef into slices. If desired, skim fat from beef juices in slow cooker. Serve beef with juices.

NUTRITION INFORMATION PER SERVING: Serving Size: ½ of Recipe • Calories 330 • Calories from Fat 170 • % Daily Value: Total Fat 19g 29% • Saturated Fat 7g 35% • Cholesterol 95mg 32% • Sodium 500mg 21% • Total Carbohydrate 9g 3% • Dietary Fiber 1g 4% • Sugars 7g • Protein 32g • Vitamin A 4% • Vitamin C 2% • Calcium 2% • Iron 20% • **DIETARY EXCHANGES:** ½ Starch, 2 Vegetable, 4½ Lean Meat, 1 Fat **OR** ½ Carbohydrate, 2 Vegetable, 4½ Lean Meat, 1 Fat

SERVE WITH

Treat your family to the ultimate comfort-food meal with this old-fashioned pot roast that has a slightly new twist. Add a side of steamed green beans and plenty of fluffy mashed potatoes to soak up all of the wonderful juices.



mexican round steak

YIELD: 6 SERVINGS

Prep Time: 15 minutes (Ready in 9 hours 15 minutes)

1½ lb. boneless beef round steak, trimmed of fat, cut into 6 serving pieces

1 cup chopped fresh cilantro

1 cup frozen whole kernel corn, thawed

3 medium stalks celery, thinly sliced (1½ cups)

1 large onion, sliced

½ cup beef broth

1 (20-oz.) jar chunky-style salsa

1 (15-oz.) can black beans, drained, rinsed

4 oz. (1 cup) shredded hot pepper Monterey Jack cheese

1. Place beef in 3½- to 6-quart slow cooker. In medium bowl, combine all remaining ingredients except cheese; mix well. Pour over beef.

2. Cover; cook on low setting for 8 to 9 hours. Sprinkle individual servings with cheese.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 335 • Calories from Fat 90 • % Daily Value: Total Fat 10g 15% • Saturated Fat 5g 25% • Cholesterol 80mg 27% • Sodium 950mg 40% • Total Carbohydrate 33g 11% • Dietary Fiber 8g 32% • Sugars 7g • Protein 36g • Vitamin A 30% • Vitamin C 16% • Calcium 24% • Iron 28% • **DIETARY EXCHANGES:** 2 Starch, 1 Vegetable, 4 Very Lean Meat **OR** 2 Carbohydrate, 1 Vegetable, 4 Very Lean Meat

MAKE IT SPECIAL

Punch up the flavor in this south-of-the-border favorite by adding extra salsa and chopped fresh cilantro just before serving.

saucy pepper steak

YIELD: 6 SERVINGS

Prep Time: 20 minutes (Ready in 9 hours 35 minutes)

1½ lb. boneless beef round steak, trimmed of fat, cut into 6 serving pieces

2 medium onions, cut into ¼-inch slices

1 garlic clove, minced

½ teaspoon grated gingerroot or ¼ teaspoon ginger

1 cup beef broth

3 tablespoons soy sauce

¼ cup cold water

2 tablespoons cornstarch

2 medium green bell peppers, cut into ¾-inch strips

2 medium tomatoes, each cut into 8 wedges

1. Spray 12-inch skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add beef; cook about 8 minutes or until browned, turning once.

2. Layer beef, onions, garlic and gingerroot in 3½- to 6-quart slow cooker. In small bowl, combine broth and soy sauce; mix well. Pour over beef.

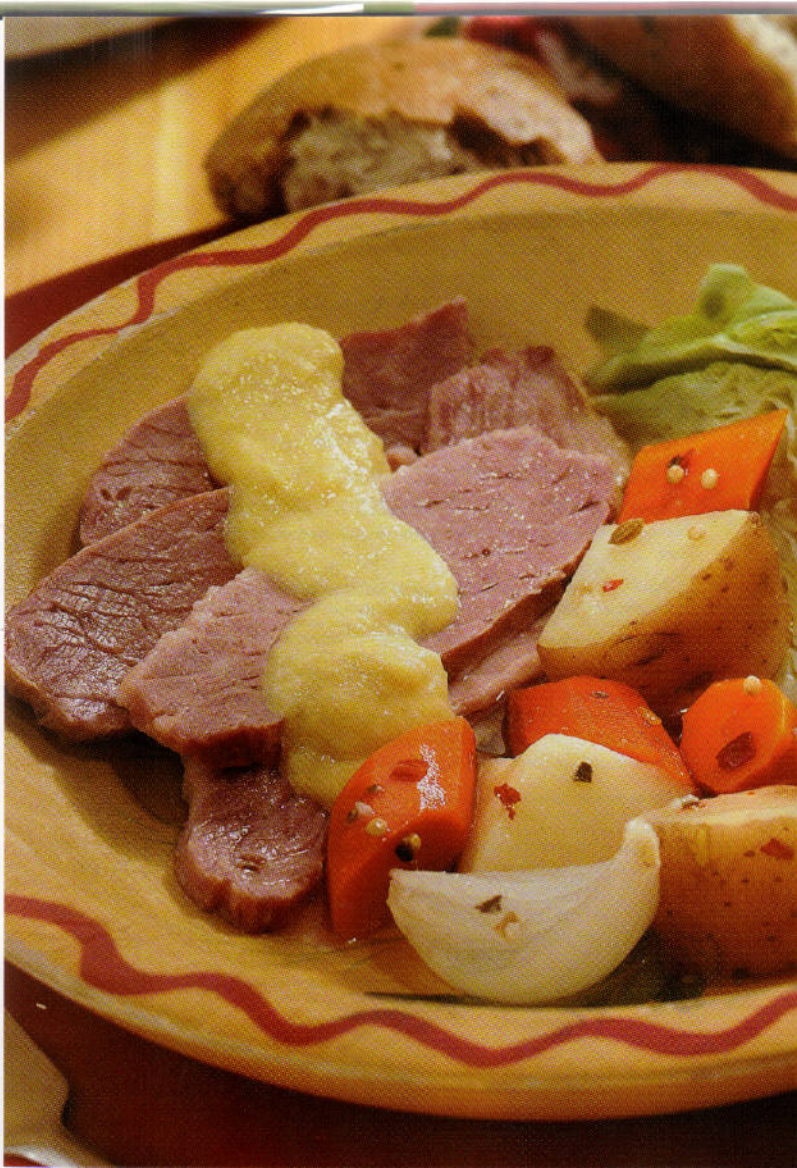
3. Cover; cook on low setting for 7 to 9 hours.

4. About 15 minutes before serving, in small bowl, blend water and cornstarch until smooth. Gradually stir into beef mixture. Stir in bell peppers. Increase heat setting to high; cover and cook an additional 10 to 12 minutes or until slightly thickened. Add tomatoes; cover and cook an additional 3 minutes or just until tomatoes are thoroughly heated.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 170 • Calories from Fat 35 • % Daily Value: Total Fat 4g 6% • Saturated Fat 1g 5% • Cholesterol 60mg 20% • Sodium 680mg 28% • Total Carbohydrate 11g 4% • Dietary Fiber 2g 8% • Sugars 4g • Protein 25g • Vitamin A 10% • Vitamin C 38% • Calcium 2% • Iron 14% • **DIETARY EXCHANGES:** 2 Vegetable, 3 Very Lean Meat

SERVE WITH

As colorful as it is flavorful, this saucy dish is wonderful served over a mound of hot cooked noodles or rice. Bake up a loaf of refrigerated crusty French bread, pour a tall glass of iced tea and you're ready to sit down for dinner.



corned beef and cabbage

YIELD: 8 SERVINGS
Prep Time: 15 minutes (Ready in 12 hours 50 minutes)

4 medium red potatoes, cut into 1-inch pieces
4 medium carrots, cut into 1-inch pieces
1 medium onion, cut into 6 wedges
1 (2- to 2½-lb.) corned beef brisket with seasoning packet
1 (12-oz.) can beer or nonalcoholic beer
Water
8 thin wedges cabbage
¼ cup applesauce
2 tablespoons Dijon mustard

1. In 4- to 6-quart slow cooker, combine potatoes, carrots and onion. Top with corned beef brisket; sprinkle with seasonings from packet. Add beer and enough water to just cover corned beef.

2. Cover; cook on low setting for 10 to 12 hours.

3. About 35 minutes before serving, remove corned beef from slow cooker; cover with foil. Add cabbage wedges to vegetables and broth. Increase heat setting to high; cover and cook an additional 30 to 35 minutes or until cabbage is crisp-tender.

4. Meanwhile, in small bowl, combine applesauce and mustard; mix well.

5. To serve, cut corned beef across grain into thin slices. With slotted spoon, remove vegetables from slow cooker. If desired, skim fat from juices in slow cooker. Serve vegetables with juices and corned beef with applesauce-mustard mixture.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅛ of Recipe • Calories 370 • Calories from Fat 180 • % Daily Value: Total Fat 20g 31% • Saturated Fat 6g 30% • Cholesterol 100mg 33% • Sodium 1260mg 53% • Total Carbohydrate 25g 8% • Dietary Fiber 4g 16% • Sugars 7g • Protein 21g • Vitamin A 200% • Vitamin C 35% • Calcium 6% • Iron 20% • **DIETARY EXCHANGES:** 1½ Starch, 2½ Medium-Fat Meat, 1½ Fat **OR** 1½ Carbohydrate, 2½ Medium-Fat Meat, 1½ Fat



DOUGHBOY TIP

Most corned beef comes packaged with seasonings that you can use to flavor this recipe. If your corned beef doesn't have its own seasoning packet, use ½ teaspoon of black peppercorns, 6 whole cloves and 1 bay leaf.

mediterranean steak roll

YIELD: 6 SERVINGS

Prep Time: 20 minutes (Ready in 6 hours 30 minutes)

1½ lb. boneless beef top round steak (1 inch thick), trimmed of fat
½ small onion, sliced
⅓ cup chopped green bell pepper
¼ cup chopped dry sun-dried tomatoes
1 garlic clove, minced
½ teaspoon dried oregano leaves
1 (12-oz.) jar beef gravy
¼ cup dry red wine or nonalcoholic red wine
¼ teaspoon pepper
3 tablespoons water
2 tablespoons all-purpose flour
Chopped fresh basil, if desired

1. Cut steak in half horizontally, cutting almost but not completely through one long side; open steak to make 1 large ½-inch-thick piece. If necessary, pound steak gently to make of even thickness.

2. Arrange onion, bell pepper, tomatoes, garlic and oregano evenly over steak, leaving 1 inch at one narrow end free of vegetables. Starting with other narrow end and rolling toward end free of vegetables, roll up steak. Fasten with toothpicks or secure with string.

3. Place steak roll in 4- to 6-quart slow cooker. In medium bowl, combine gravy, wine and pepper; mix well. Pour over steak roll.

4. Cover; cook on low setting for 4 to 6 hours.

5. About 10 minutes before serving, remove steak roll from slow cooker; place on serving platter. Cover with foil. In small bowl, blend water and flour until smooth. Stir into juices in slow cooker. Increase heat setting to high; cover and cook an additional 10 minutes or until thickened. Cut steak roll into slices; sprinkle with basil. Serve steak roll slices with gravy mixture.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 180 • Calories from Fat 45 • % Daily Value: Total Fat 5g 8% • Saturated Fat 2g 10% • Cholesterol 60mg 20% • Sodium 390mg 16% • Total Carbohydrate 7g 2% • Dietary Fiber 1g 4% • Sugars 1g • Protein 26g • Vitamin A 0% • Vitamin C 8% • Calcium 0% • Iron 15% • **DIETARY EXCHANGES:** ½ Starch, 3½ Very Lean Meat, ½ Fat **OR** ½ Carbohydrate, 3½ Very Lean Meat, ½ Fat



DOUGHBOY TIP

Be sure to use dry sun-dried tomatoes instead of the oil-packed variety. The dried tomatoes soak up the juices and become tender during cooking. Look for them in the produce department of your supermarket near the other dried foods.

swiss steak supper

YIELD: 6 SERVINGS

Prep Time: 15 minutes (Ready in 9 hours 15 minutes)

1½ lb. boneless beef round steak (about ¾ inch thick), trimmed of fat, cut into 6 serving pieces

½ teaspoon peppered seasoned salt

6 to 8 small red potatoes (about 1¼ lb.), cut into quarters

1½ cups fresh baby carrots

1 medium onion, sliced

1 (14.5-oz.) can diced tomatoes with basil, garlic and oregano, undrained

1 (12-oz.) jar beef gravy

1. Spray 12-inch skillet with nonstick cooking spray. Heat over medium-high heat until hot. Sprinkle beef with seasoned salt; add to skillet. Cook about 8 minutes or until browned, turning once.

2. Layer potatoes, carrots, beef and onion in 3½- to 6-quart slow cooker. In small bowl, combine tomatoes and gravy; mix well. Spoon over beef and vegetables.

3. Cover; cook on low setting for 7 to 9 hours.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 235 • Calories from Fat 45 • % Daily Value: Total Fat 5g 8% • Saturated Fat 2g 10% • Cholesterol 60mg 20% • Sodium 600mg 25% • Total Carbohydrate 25g 8% • Dietary Fiber 4g 16% • Sugars 5g • Protein 27g • Vitamin A 100% • Vitamin C 16% • Calcium 4% • Iron 20% • **DIETARY EXCHANGES:** 1 Starch, 2 Vegetable, 3 Very Lean Meat **OR** 1½ Carbohydrate, 2 Vegetable, 3 Very Lean Meat

SERVE WITH

For casual entertaining, this one-pot meal is ideal. A basket of freshly baked breadsticks and a crisp green salad are all you need to round it out.

beef ragout on polenta

YIELD: 5 SERVINGS

Prep Time: 20 minutes (Ready in 10 hours 20 minutes)

½ cup chopped onion

1 green bell pepper, chopped

2 medium carrots, chopped

1 lb. beef stew meat

½ teaspoon coarsely ground black pepper

1 (14-oz.) jar tomato pasta sauce

1 (24-oz.) pkg. polenta, cut into 10 slices

1. In 4- to 6-quart slow cooker, layer onion, bell pepper, carrots, beef, pepper and pasta sauce.

2. Cover; cook on low setting for 8 to 10 hours.

3. About 10 minutes before serving, heat polenta as directed on package. Arrange 2 warm polenta slices on each individual serving plate. Top each with about 1 cup beef mixture.



NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 290 • Calories from Fat 60 • % Daily Value: Total Fat 7g 11% • Saturated Fat 2g 10% • Cholesterol 60mg 20% • Sodium 750mg 31% • Total Carbohydrate 33g 11% • Dietary Fiber 4g 16% • Sugars 4g • Protein 24g • Vitamin A 180% • Vitamin C 40% • Calcium 4% • Iron 20% • **DIETARY EXCHANGES:** 2 Starch, 1 Vegetable, 2 Lean Meat **OR** 2 Carbohydrate, 1 Vegetable, 2 Lean Meat

SERVE WITH

For a change of pace from the polenta, serve this thick and chunky stewlike mixture over corn muffins, split in half, or wedges of corn bread.

burgundy beef and mushrooms

YIELD: 8 SERVINGS
Prep Time: 15 minutes (Ready in 7 hours 45 minutes)

4 slices bacon
2 lb. beef stew meat
2 large carrots, cut into 1-inch chunks
1 medium onion, sliced
½ cup all-purpose flour
½ teaspoon dried marjoram leaves
¼ teaspoon garlic powder
¼ teaspoon pepper
1 (10½-oz.) can condensed beef broth
½ cup dry red wine or nonalcoholic red wine
1 tablespoon Worcestershire sauce
1 (8-oz.) pkg. (3 cups) sliced fresh mushrooms
1 (16-oz.) pkg. uncooked egg noodles
2 tablespoons chopped fresh parsley

1. Cook bacon until crisp. Drain on paper towels; crumble. In 3½- to 4-quart slow cooker, combine bacon, beef, carrots and onion.

2. In small bowl, combine flour, marjoram, garlic powder and pepper. With wire whisk, stir in broth, wine and Worcestershire sauce until smooth. Add to beef mixture in slow cooker; stir to combine.

3. Cover; cook on high setting for 1 hour.

4. Reduce heat setting to low; cook an additional 5 to 6 hours.



5. About 30 minutes before serving, add mushrooms to beef mixture. Increase heat setting to high; cover and cook an additional 30 minutes or until mushrooms are tender.

6. Meanwhile, cook noodles to desired doneness as directed on package. Serve beef mixture over noodles. Sprinkle with parsley.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅛ of Recipe • Calories 480 • Calories from Fat 110 • % Daily Value: Total Fat 12g 18% • Saturated Fat 4g 20% • Cholesterol 125mg 42% • Sodium 340mg 14% • Total Carbohydrate 53g 18% • Dietary Fiber 3g 12% • Sugars 5g • Protein 37g • Vitamin A 160% • Vitamin C 6% • Calcium 4% • Iron 35% • **DIETARY EXCHANGES:** 3 Starch, 3½ Lean Meat **OR** 3 Carbohydrate, 3½ Lean Meat



DOUGHBOY TIP

Did you know that you can reduce the slow-cooking time for this recipe by starting the cooker on high? Each hour of slow cooking on high shortens the total cooking time by about an hour.

sauerbraten

YIELD: 6 SERVINGS
Prep Time: 20 minutes (Ready in 9 hours 35 minutes)

2 lb. beef stew meat
1 cup chopped onions
1 cup beef broth
1 cup red wine vinegar or cider vinegar
2 bay leaves
6 oz. (3 cups) uncooked spaetzle or egg noodles
¾ cup crushed gingersnaps (about 15 cookies)
2 tablespoons brown sugar
2 tablespoons chopped fresh parsley

1. In 3½- to 4-quart slow cooker, combine beef, onions, broth, vinegar and bay leaves; mix well.

2. Cover; cook on low setting for 7 to 9 hours.

3. About 15 minutes before serving, cook spaetzle as directed on package. Remove bay leaves from beef mixture. Stir in gingersnaps and brown sugar. Cover; cook on low setting an additional 15 minutes or until mixture is bubbly and thickened. Serve beef mixture over spaetzle. Sprinkle with parsley.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 430 • Calories from Fat 100 • % Daily Value: Total Fat 11g 17% • Saturated Fat 4g 20% • Cholesterol 130mg 43% • Sodium 320mg 13% • Total Carbohydrate 43g 14% • Dietary Fiber 2g 8% • Sugars 14g • Protein 39g • Vitamin A 0% • Vitamin C 4% • Calcium 4% • Iron 35% • **DIETARY EXCHANGES:** 2½ Starch, ½ Fruit, 4½ Very Lean Meat OR 3 Carbohydrate, 4½ Very Lean Meat

SERVE WITH

This traditional German dish is usually served with tiny dumplings called spaetzle, but hot cooked noodles or boiled potatoes would also be great accompaniments. Complete the meal with cooked cabbage, thick slices of dark rye bread and warm apple strudel for dessert.

rosemary beef and tomatoes

YIELD: 6 SERVINGS

Prep Time: 15 minutes (Ready in 10 hours 25 minutes)

2 tablespoons margarine or butter, melted

½ cup chopped onion

1 teaspoon beef base

½ teaspoon salt

¼ teaspoon pepper

1½ lb. beef stew meat

4 Italian plum tomatoes, chopped

1 tablespoon chopped fresh rosemary

6 servings prepared instant mashed potatoes

1. In 4- to 6-quart slow cooker, combine margarine, onion, beef base, salt, pepper and beef; mix well.

2. Cover; cook on low setting for 9 to 10 hours.

3. About 10 minutes before serving, stir tomatoes and rosemary into beef mixture. Increase heat setting to high; cover and cook an additional 10 minutes.

4. Meanwhile, prepare mashed potatoes as directed on package. Serve beef mixture over potatoes.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 260 • Calories from Fat 155 • % Daily Value: Total Fat 17g 26% • Saturated Fat 6g 30% • Cholesterol 70mg 23% • Sodium 520mg 22% • Total Carbohydrate 4g 1% • Dietary Fiber 1g 4% • Sugars 2g • Protein 24g • Vitamin A 48% • Vitamin C 4% • Calcium 0% • Iron 15% • **DIETARY EXCHANGES:** 1 Vegetable, 3 Medium-Fat Meat

SERVE WITH

This full-of-flavor dish goes great with mashed potatoes, and it's also delicious over hot cooked noodles, fluffy white rice or steaming baked potatoes.

beef and bean tamale pie

YIELD: 4 SERVINGS
Prep Time: 15 minutes (Ready in 6 hours 15 minutes)

½ lb. lean ground beef
½ cup chopped onion
1 (15- or 15.5-oz.) can kidney beans, drained, rinsed
1 (10-oz.) can enchilada sauce
1 (6.5-oz.) pouch golden corn muffin and bread mix
⅓ cup milk
2 tablespoons margarine or butter, melted
1 egg
2 oz. (½ cup) shredded colby-Monterey Jack cheese
1 (4.5-oz.) can chopped green chiles
¼ cup sour cream
¼ cup chopped green onions

1. In large skillet, cook ground beef and onion over medium heat for 5 to 7 minutes or until beef is thoroughly cooked, stirring frequently. Drain. Stir in beans and enchilada sauce. Place beef mixture in 3½- to 4½-quart slow cooker.

2. In small bowl, combine corn muffin mix, milk, margarine and egg; stir just until moistened. (Batter will be lumpy.) Add cheese and chiles; stir gently to mix. Spoon over beef mixture in slow cooker.

3. Cover; cook on low setting for 5 to 6 hours or until toothpick inserted in center of corn bread comes out clean. Top individual servings with sour cream and onions.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 615 • Calories from Fat 260 • % Daily Value: Total Fat 29g 45% • Saturated Fat 11g 55% • Cholesterol 115mg 38% • Sodium 1340mg 56% • Total Carbohydrate 69g 23% • Dietary Fiber 10g 40% • Sugars 22g • Protein 30g • Vitamin A 30% • Vitamin C 22% • Calcium 26% • Iron 38% • **DIETARY EXCHANGES:** 4½ Starch, 2 High-Fat Meat, 1 Fat **OR** 4½ Carbohydrate, 2 High-Fat Meat, 1 Fat



DOUGHBOY TIP

Although the corn bread in this recipe won't brown like traditional baked corn bread, it will darken as the tamale mixture soaks into the corn-bread mixture. To be sure the corn bread is done, test with a toothpick toward the end of the cooking time.



chili beef and beans

YIELD: 10 SERVINGS
Prep Time: 20 minutes (Ready in 4 hours 20 minutes)

2 lb. lean ground beef
1 cup chopped onions
1 (28-oz.) can baked beans, undrained
1 (15.5-oz.) can butter beans, drained, rinsed
1 (15- or 15.5-oz.) can kidney beans, drained, rinsed
1 (12-oz.) bottle chili sauce
2 (4.5-oz.) cans chopped green chiles
2 tablespoons brown sugar
3 teaspoons chili powder

1. In large nonstick skillet, cook ground beef and onions over medium-high heat until ground beef is thoroughly cooked, stirring frequently. Drain.

2. In 3½- to 4-quart slow cooker, combine beef mixture and all remaining ingredients; mix well.

3. Cover; cook on low setting for 4 hours.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅒ of Recipe • Calories 380 • Calories from Fat 120 • % Daily Value: Total Fat 13g 20% • Saturated Fat 5g 25% • Cholesterol 55mg 18% • Sodium 1050mg 44% • Total Carbohydrate 41g 14% • Dietary Fiber 9g 36% • Sugars 15g • Protein 25g • Vitamin A 20% • Vitamin C 15% • Calcium 10% • Iron 15% • **DIETARY EXCHANGES:** 1½ Starch, 1 Fruit, 3 Lean Meat, ½ Fat **OR** 2½ Carbohydrate, 3 Lean Meat, ½ Fat

SERVE WITH

Chili con Crescents open-face sandwiches will soon become a family-favorite dinner. Heat oven to 425°F. Separate an 8-oz. can refrigerated crescent dinner rolls into 2 large rectangles; place in ungreased 15 x 10 x 1-inch baking pan. Gently press dough to cover bottom of pan; seal perforations. Bake 10 minutes or until golden brown. Spread about 2 cups of the chili mixture over baked crust. Sprinkle with 1 cup crushed corn chips and ¼ cup grated Parmesan cheese. Bake 5 minutes.

picadillo with apples and almonds

YIELD: 12 SERVINGS
Prep Time: 20 minutes (Ready in 4 hours 20 minutes)

2 lb. lean ground beef
1 cup chopped onions
1 cup raisins
2 teaspoons chili powder
1 teaspoon salt
¾ teaspoon cinnamon
½ teaspoon cumin
½ teaspoon pepper
2 garlic cloves, minced
2 medium apples, peeled, chopped
2 (10-oz.) cans diced tomatoes with green chiles, undrained
½ cup slivered almonds, toasted

1. In 12-inch skillet, cook ground beef and onions over medium heat for 8 to 10 minutes or until beef is thoroughly cooked, stirring frequently. Drain.

2. In 3½- to 6-quart slow cooker, combine ground beef mixture and all remaining ingredients except almonds; mix well.

3. Cover; cook on low setting for 3 to 4 hours. Stir in almonds before serving.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅓ of Recipe • Calories 245 • Calories from Fat 115 • % Daily Value: Total Fat 13g 20% • Saturated Fat 4g 20% • Cholesterol 45mg 15% • Sodium 320mg 13% • Total Carbohydrate 18g 6% • Dietary Fiber 2g 8% • Sugars 13g • Protein 16g • Vitamin A 4% • Vitamin C 8% • Calcium 4% • Iron 12% • **DIETARY EXCHANGES:** 1 Fruit, 2 Medium-Fat Meat, 1 Fat **OR** 1 Carbohydrate, 2 Medium-Fat Meat, 1 Fat



DOUGHBOY TIP

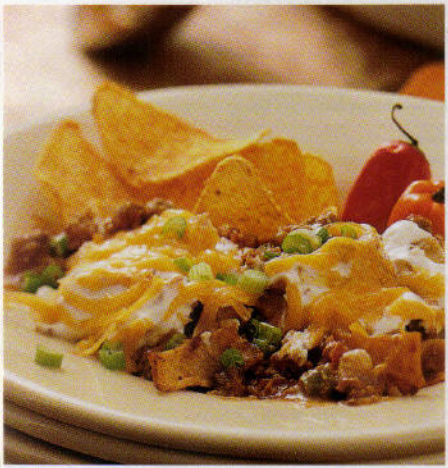
Picadillo, the Mexican version of hash, is great to have on standby when you need an easy no-prep meal. Place 2 cups Picadillo with Apples and Almonds in a tightly covered container. Cover and refrigerate up to 4 days or freeze up to 4 months. To thaw, place the container in the refrigerator for about 8 hours. Use it to fill taco shells, or flour or corn tortillas.

beefy tortilla casserole

YIELD: 6 SERVINGS
Prep Time: 20 minutes (Ready in 8 hours 20 minutes)

1½ lb. lean ground beef
1 (14.5-oz.) can diced tomatoes with green chiles, undrained
1 (10¾-oz.) can condensed cream of onion soup
1 (1.25-oz.) pkg. taco seasoning mix
¼ cup water
6 (5- or 6-inch) corn tortillas, cut into ½-inch strips
½ cup sour cream
4 oz. (1 cup) shredded Cheddar cheese
3 tablespoons sliced green onions

1. Cook ground beef in large skillet over medium heat until thoroughly cooked, stirring frequently. Drain.



2. In 3½- to 5-quart slow cooker, combine ground beef, tomatoes, soup, taco seasoning mix and water; mix well. Add tortilla strips; stir in gently.

3. Cover; cook on low setting for 7 to 8 hours.

4. About 5 minutes before serving, spread sour cream over casserole. Sprinkle with cheese. Cover; let stand about 5 minutes or until cheese is melted. Sprinkle with onions.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 470 • Calories from Fat 260 • % Daily Value: Total Fat 29g 45% • Saturated Fat 14g 70% • Cholesterol 100mg 33% • Sodium 950mg 40% • Total Carbohydrate 26g 9% • Dietary Fiber 3g 12% • Sugars 9g • Protein 30g • Vitamin A 26% • Vitamin C 12% • Calcium 26% • Iron 18% • **DIETARY EXCHANGES:** 2 Starch, 3 High-Fat Meat **OR** 2 Carbohydrate, 3 High-Fat Meat

KIDS CAN HELP

An easy way to get the kids involved in the cooking process is to let them cut the corn tortillas into strips. If they're not old enough to use a knife, they can use a pair of clean scissors. Don't worry if the strips aren't exactly the same size—they'll be close enough.

cheesy italian tortellini

YIELD: 4 SERVINGS
Prep Time: 15 minutes (Ready in 8 hours 30 minutes)

½ lb. lean ground beef
½ lb. bulk Italian pork sausage
1 cup sliced fresh mushrooms
1 (15-oz.) container refrigerated marinara sauce
1 (14.5-oz.) can diced tomatoes with Italian seasonings, undrained
1 (9-oz.) pkg. refrigerated cheese-filled tortellini
4 oz. (1 cup) shredded mozzarella cheese or pizza cheese blend

1. In large skillet, break ground beef and sausage into large pieces. Cook over medium heat about 10 minutes or until browned, stirring occasionally.

2. Spray 4- to 5-quart slow cooker with nonstick cooking spray. Combine meat mixture, mushrooms, marinara sauce and tomatoes in sprayed slow cooker; mix well.



3. Cover; cook on low setting for 7 to 8 hours.

4. About 15 minutes before serving, add tortellini to slow cooker; stir gently to mix. Sprinkle with cheese. Cover; cook on low setting for an additional 15 minutes or until tortellini are tender.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 575 • Calories from Fat 295 • % Daily Value: Total Fat 33g 51% • Saturated Fat 13g 65% • Cholesterol 135mg 45% • Sodium 1330mg 55% • Total Carbohydrate 39g 13% • Dietary Fiber 3g 12% • Sugars 12g • Protein 34g • Vitamin A 30% • Vitamin C 28% • Calcium 32% • Iron 22% • **DIETARY EXCHANGES:** 2½ Starch, 4 Medium-Fat Meat, 1½ Fat **OR** 2½ Carbohydrate, 4 Medium-Fat Meat, 1½ Fat



DOUGHBOY TIP
If you don't have a can of the diced tomatoes with Italian seasoning, substitute a can of plain diced tomatoes and ½ teaspoon dried Italian seasoning.

veal paprika

YIELD: 6 SERVINGS
Prep Time: 20 minutes (Ready in 8 hours 35 minutes)

3 tablespoons all-purpose flour
¾ teaspoon salt
1½ lb. veal stew meat
2 tablespoons oil
½ cup chopped onion
1 (8-oz.) can tomato sauce
1 (5-oz.) can (⅔ cup) evaporated milk
2 tablespoons paprika
1 tablespoon Worcestershire sauce
12 oz. (6 cups) uncooked egg noodles

1. In resealable plastic bag, combine flour and salt; shake to mix. Add veal; shake until evenly coated. Heat oil in large skillet over medium heat until hot. Add veal; cook about 10 minutes or until browned, turning occasionally.

2. In 3½- to 6-quart slow cooker, combine veal and all remaining ingredients except noodles.

3. Cover; cook on low setting for 6 to 8 hours.

4. About 15 minutes before serving, cook noodles as directed on package. Stir veal mixture; serve over noodles.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 390 • Calories from Fat 90 • % Daily Value: Total Fat 10g 15% • Saturated Fat 3g 15% • Cholesterol 130mg 43% • Sodium 670mg 28% • Total Carbohydrate 50g 17% • Dietary Fiber 3g 12% • Sugars 5g • Protein 28g • Vitamin A 38% • Vitamin C 6% • Calcium 12% • Iron 24% • **DIETARY EXCHANGES:** 3 Starch, 1 Vegetable, 2½ Lean Meat **OR** 3 Carbohydrate, 1 Vegetable, 2½ Lean Meat



DOUGHBOY TIP

The flavor of paprika can range from mild to pungent and hot, and the color can vary from orange-red to a very deep red. Most supermarkets carry only mild paprika, so you might want to check at an ethnic market for a more flavorful, hotter Hungarian paprika.

honey-dijon pork roast

YIELD: 8 SERVINGS

Prep Time: 20 minutes (Ready in 8 hours 20 minutes)

½ cup chopped onion

2 apples, peeled, sliced

1 tablespoon honey

1 tablespoon Dijon mustard

½ teaspoon coriander seed, crushed

¼ teaspoon salt

1 (2- to 2½-lb.) rolled boneless pork loin roast

2 tablespoons water

1 tablespoon cornstarch

1. In 4- to 6-quart slow cooker, combine onion and apples. In small bowl, combine honey, mustard, coriander and salt; mix well. Spread on all sides of pork roast. Place pork over onion and apples.

2. Cover; cook on low setting for 7 to 8 hours.

3. Remove pork from slow cooker; place on serving platter. Cover with foil.

4. In small saucepan, blend water and cornstarch until smooth. Add apple mixture and juices from slow cooker; mix well. Cook over medium heat until mixture boils, stirring occasionally. Cut pork into slices. Serve pork with sauce.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅛ of Recipe • Calories 250 • Calories from Fat 90 • % Daily Value: Total Fat 10g 15% • Saturated Fat 4g 20% • Cholesterol 85mg 28% • Sodium 180mg 8% • Total Carbohydrate 9g 3% • Dietary Fiber 1g 4% • Sugars 6g • Protein 31g • Vitamin A 0% • Vitamin C 4% • Calcium 2% • Iron 8% • **DIETARY EXCHANGES:** ½ Starch, 4 Lean Meat **OR** ½ Carbohydrate, 4 Lean Meat



DOUGHBOY TIP

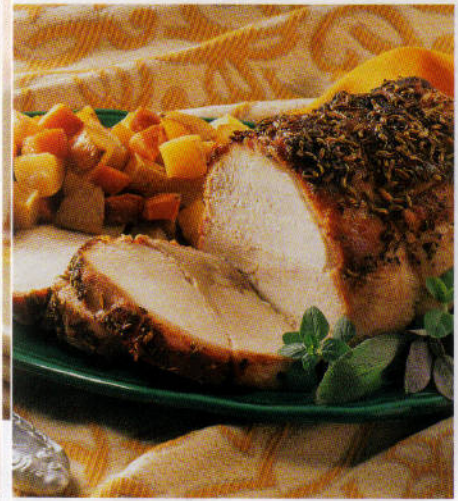
To get the most flavor from your coriander seed, place it in a small plastic bag and crush it slightly with a rolling pin or the flat side of a meat mallet.

porketta with two potatoes

YIELD: 6 SERVINGS
Prep Time: 15 minutes (Ready in 10 hours 15 minutes)

2 medium dark-orange sweet potatoes, peeled, cut into ½-inch cubes (about 2½ cups)
2 Yukon Gold potatoes, cut into ½-inch cubes (about 2½ cups)
2 teaspoons fennel seed, crushed
1 teaspoon dried oregano leaves
1 teaspoon paprika
½ teaspoon garlic powder
½ teaspoon salt
¼ teaspoon pepper
1 (2-lb.) boneless pork loin roast
1 cup chicken broth

1. Place potatoes in 3½- to 4-quart slow cooker. In small bowl, combine fennel seed, oregano, paprika, garlic powder, salt and pepper; mix well. Rub into pork roast. Place pork on potatoes. Pour broth over pork and potatoes.



2. Cover; cook on low setting for 8 to 10 hours.

3. Remove pork from slow cooker; place on serving platter. Cut pork into slices. Serve pork with potatoes.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 360 • Calories from Fat 110 • % Daily Value: Total Fat 12g 18% • Saturated Fat 4g 20% • Cholesterol 90mg 30% • Sodium 380mg 16% • Total Carbohydrate 27g 9% • Dietary Fiber 3g 12% • Sugars 4g • Protein 36g • Vitamin A 230% • Vitamin C 25% • Calcium 4% • Iron 15% • **DIETARY EXCHANGES:** 1½ Starch, 4½ Lean Meat **OR** 1½ Carbohydrate, 4½ Lean Meat



DOUGHBOY TIP

Rubbing the pork roast with the seasoning mixture the night before and refrigerating it does double duty. It saves time in the morning before you head out the door, and it allows the seasonings to flavor the pork. Wait, though, to cut the potatoes until just before placing them in the slow cooker so they don't discolor.

cranberry-orange pork roast

YIELD: 6 SERVINGS

Prep Time: 15 minutes (Ready in 9 hours 15 minutes)

1 (2½-lb.) boneless pork shoulder roast, trimmed of fat

1 cup sweetened dried cranberries

½ cup chicken broth

1 teaspoon shredded orange peel

½ cup cranberry juice cocktail

2 tablespoons cornstarch

1. Place pork roast in 3½- to 4-quart slow cooker. In small bowl, combine cranberries, broth, orange peel and ¼ cup of the cranberry juice cocktail; mix well. Pour over pork.

2. Cover; cook on low setting for 7 to 9 hours.

3. Remove pork from slow cooker; place on serving platter. Cover with foil. Pour juices from slow cooker into medium saucepan; if necessary, skim off any fat.



4. In small bowl, blend remaining ¼ cup cranberry juice cocktail and cornstarch until smooth. Stir into juices in saucepan. Cook over medium heat until bubbly and thickened, stirring constantly. Cut pork into slices. Serve pork with sauce. If desired, garnish with additional shredded orange peel.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 330 • Calories from Fat 140 • % Daily Value: Total Fat 15g 23% • Saturated Fat 5g 25% • Cholesterol 85mg 28% • Sodium 150mg 6% • Total Carbohydrate 25g 8% • Dietary Fiber 1g 4% • Sugars 18g • Protein 24g • Vitamin A 0% • Vitamin C 10% • Calcium 4% • Iron 10% • **DIETARY EXCHANGES:** ½ Starch, 1 Fruit, 3 Medium-Fat Meat **OR** 1½ Carbohydrate, 3 Medium-Fat Meat

SERVE WITH

This dish is both easy and elegant—perfect for a weeknight meal or weekend guests. Steamed green beans and mixed-rice pilaf go wonderfully with the flavors of cranberry and orange. Pass a basket of warm-from-the-oven refrigerated dinner rolls, and you'll win rave reviews.

autumn pork roast dinner

YIELD: 6 SERVINGS

Prep Time: 15 minutes (Ready in 8 hours 15 minutes)

1 (1¾- to 2-lb.) rolled boneless pork loin roast

¼ teaspoon salt

⅛ teaspoon pepper

3 large dark-orange sweet potatoes, peeled, thinly sliced

1 medium onion, sliced, separated into rings

¼ teaspoon dried thyme leaves

1 quart (4 cups) apple juice

1. Sprinkle pork roast with salt and pepper; place in 3½- to 4-quart slow cooker. Place sliced sweet potatoes around and on top of pork. Top with onion. Sprinkle with thyme. Pour apple juice over onion.

2. Cover; cook on low setting for at least 8 hours.

3. Remove pork from slow cooker; place on serving platter. With slotted spoon, remove sweet potatoes and onion from slow cooker. If desired, serve pork and vegetables with juices from slow cooker.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 380 • Calories from Fat 100 • % Daily Value: Total Fat 11g 17% • Saturated Fat 4g 20% • Cholesterol 90mg 30% • Sodium 170mg 7% • Total Carbohydrate 37g 12% • Dietary Fiber 2g 8% • Sugars 21g • Protein 34g • Vitamin A 260% • Vitamin C 20% • Calcium 6% • Iron 15% • **DIETARY EXCHANGES:** 1½ Starch, 1 Fruit, 4 Lean Meat **OR** 2½ Carbohydrate, 4 Lean Meat

SERVE WITH

Bake some large refrigerated buttermilk biscuits to soak up the flavorful gravy this one-dish pork roast makes on its own. Add a tossed green salad, and dinner is served.

pork and pineapple

YIELD: 6 SERVINGS
Prep Time: 20 minutes (Ready in 8 hours 25 minutes)

1½ lb. boneless pork loin, cut into cubes
1 (8-oz.) can pineapple tidbits in unsweetened juice, undrained
1 medium red or green bell pepper, cut into squares
3 tablespoons brown sugar
½ teaspoon ginger
¼ cup vinegar
3 tablespoons soy sauce
⅔ cup uncooked regular long-grain white rice
1⅓ cups water
3 tablespoons water
2 tablespoons cornstarch

1. In 3½- to 4-quart slow cooker, combine pork, pineapple, bell pepper, brown sugar, ginger, vinegar and soy sauce; mix well.

2. Cover; cook on low setting for 6 to 8 hours.

3. About 25 minutes before serving, cook rice in 1⅓ cups water as directed on package.

4. About 5 minutes before serving, in small bowl, blend 3 tablespoons water and cornstarch until smooth. Stir into pork mixture. Increase heat setting to high; cover and cook an additional 5 minutes or until thickened. Serve pork mixture over rice.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 330 • Calories from Fat 80 • % Daily Value: Total Fat 9g 14% • Saturated Fat 3g 15% • Cholesterol 70mg 23% • Sodium 500mg 21% • Total Carbohydrate 35g 12% • Dietary Fiber 1g 4% • Sugars 14g • Protein 28g • Vitamin A 24% • Vitamin C 34% • Calcium 2% • Iron 12% • **DIETARY EXCHANGES:** 1 Starch, 1 Fruit, 1 Vegetable, 3 Lean Meat **OR** 2 Carbohydrate, 1 Vegetable, 3 Lean Meat

SERVE WITH

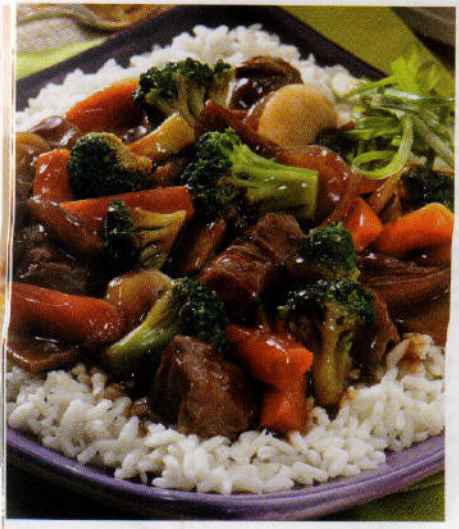
Your family will also love this sweet and tangy dish served with hot cooked noodles instead of rice. If you're tired of the standard noodle choices, try cellophane or rice noodles for a change of pace.

easy pork chop suey

YIELD: 5 SERVINGS
Prep Time: 15 minutes (Ready in 7 hours 30 minutes)

1 lb. boneless pork shoulder, cut into ¾-inch cubes
1 small onion, cut into ¼-inch wedges
1 (5-oz.) can sliced bamboo shoots, drained
½ cup purchased teriyaki baste and glaze
1 teaspoon grated gingerroot
1 (1-lb.) pkg. frozen broccoli, carrots and water chestnuts, thawed, drained
2 cups uncooked instant white rice
2 cups water

1. In 4- to 6-quart slow cooker, combine pork, onion, bamboo shoots, teriyaki baste and glaze and gingerroot; mix well.
2. Cover; cook on low setting for 5 to 7 hours.



3. About 15 minutes before serving, stir vegetables into pork mixture. Increase heat setting to high; cover and cook an additional 10 to 15 minutes or until vegetables are tender.
4. Meanwhile, cook rice in 2 cups water as directed on package. Serve pork mixture over rice.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅕ of Recipe • Calories 430 • Calories from Fat 130 • % Daily Value: Total Fat 14g 22% • Saturated Fat 5g 25% • Cholesterol 55mg 18% • Sodium 1180mg 49% • Total Carbohydrate 54g 18% • Dietary Fiber 3g 12% • Sugars 16g • Protein 21g • Vitamin A 45% • Vitamin C 20% • Calcium 10% • Iron 25% • **DIETARY EXCHANGES:** 2½ Starch, 1 Fruit, 1 Vegetable, 2 Lean Meat, 1 Fat **OR** 3½ Carbohydrate, *1 Vegetable, 2 Lean Meat, 1 Fat*



DOUGHBOY TIP

Tightly covered, fresh gingerroot can be refrigerated for up to a week. For longer storage, freeze it in a covered container. To use frozen gingerroot, simply grate the amount you need and return the rest to the freezer.

pork chops with spiced fruit stuffing

YIELD: 4 SERVINGS
Prep Time: 10 minutes (Ready in 6 hours 10 minutes)

1 cup diced dried fruit and raisin mixture
1 cup chicken broth
½ cup apple juice
3 tablespoons margarine or butter
¼ teaspoon cinnamon
⅛ teaspoon nutmeg
1 (6-oz.) pkg. herb-seasoned one-step stuffing mix
4 (4-oz.) boneless pork loin chops (about ½ inch thick)
⅛ teaspoon salt
⅛ teaspoon pepper

1. In large saucepan, combine dried fruits, broth, ¼ cup of the apple juice, margarine, cinnamon and nutmeg. Bring to a boil. Stir in stuffing mix. Remove from heat.



2. Arrange pork chops in bottom of 3½- to 4-quart slow cooker. Pour remaining ¼ cup apple juice over pork. Sprinkle with salt and pepper. Top with stuffing mixture.

3. Cover; cook on low setting for 5 to 6 hours.

4. Remove stuffing from slow cooker; place in serving bowl. Stir gently; serve with pork stuffing.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 510 • Calories from Fat 160 • % Daily Value: Total Fat 18g 28% • Saturated Fat 4g 20% • Cholesterol 60mg 20% • Sodium 1000mg 42% • Total Carbohydrate 60g 20% • Dietary Fiber 6g 24% • Sugars 18g • Protein 28g • Vitamin A 25% • Vitamin C 2% • Calcium 6% • Iron 20% • **DIETARY EXCHANGES:** 3 Starch, 1 Fruit, 2½ Lean Meat, 1½ Fat **OR** 4 Carbohydrate, 2½ Lean Meat, 1½ Fat



DOUGHBOY TIP
If a package of the dried fruit mixture isn't handy, use 1 cup of your favorite chopped dried fruit, such as apples or apricots, instead.

pizza pork chops

YIELD: 6 SERVINGS
Prep Time: 15 minutes (Ready in 6 hours 15 minutes)

6 (6-oz.) pork loin chops (about 1 inch thick)
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon oil
½ cup chopped onion
2 cups tomato pasta sauce
4 oz. (1 cup) shredded mozzarella cheese

1. Sprinkle pork chops with salt and pepper. Heat oil in 12-inch skillet over medium-high heat until hot. Add pork; cook about 5 minutes or until browned, turning once.

2. Place pork in 3½- to 6-quart slow cooker. Sprinkle onion over pork. Pour pasta sauce over top.

3. Cover; cook on low setting for 4 to 6 hours.

4. Remove pork from slow cooker; place on serving platter. Top with sauce. Sprinkle with cheese.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 335 • Calories from Fat 135 • % Daily Value: Total Fat 15g 23% • Saturated Fat 5g 25% • Cholesterol 85mg 28% • Sodium 750mg 31% • Total Carbohydrate 18g 6% • Dietary Fiber 1g 4% • Sugars 7g • Protein 33g • Vitamin A 14% • Vitamin C 10% • Calcium 16% • Iron 8% • **DIETARY EXCHANGES:** 1 Starch, 4½ Lean Meat **OR** 4½ Carbohydrate, 4½ Lean Meat

SERVE WITH

Orzo, a tiny rice-shaped pasta, is a perfect partner to these pleasing pork chops. Pick up a packaged salad mix, and bake a batch of refrigerated garlic breadsticks to round out this casual Italian meal.

pork ribs with molasses-mustard sauce

YIELD: 6 SERVINGS
Prep Time: 15 minutes (Ready in 10 hours 15 minutes)

3½ lb. pork loin back ribs, pork spareribs or beef short ribs
½ teaspoon salt
¼ teaspoon pepper
½ cup water
½ cup molasses
⅓ cup Dijon mustard
⅓ cup cider vinegar or white vinegar

1. Cut ribs into 2- or 3-rib serving portions; place in 5- to 6-quart slow cooker. Sprinkle with salt and pepper. Pour water over ribs.

2. Cover; cook on low setting for 8 to 9 hours.

3. About 1¼ hours before serving, remove ribs from slow cooker. Drain and discard liquid from cooker.

4. In large bowl, combine molasses, mustard and vinegar; mix well. Dip ribs in sauce to coat; place in slow cooker. Pour any remaining sauce over ribs. Cover; cook on low setting for an additional 1 hour.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 585 • Calories from Fat 350 • % Daily Value: Total Fat 39g 60% • Saturated Fat 14g 70% • Cholesterol 150mg 50% • Sodium 660mg 28% • Total Carbohydrate 21g 7% • Dietary Fiber 0g 0% • Sugars 17g • Protein 38g • Vitamin A 0% • Vitamin C 0% • Calcium 12% • Iron 22% • **DIETARY EXCHANGES:** 1 Starch, ½ Fruit, 5 Medium-Fat Meat, 2 Fat **OR** 1½ Carbohydrate, 5 Medium-Fat Meat, 2 Fat

SERVE WITH

Strawberry Shortcakes are the perfect ending to an all-American rib dinner. Heat oven to 350°F. Separate a 16.3-oz. can large refrigerated home-style biscuits into 8 biscuits. Dip top and sides of each biscuit into 2 tablespoons melted margarine and then into granulated sugar. Bake 13 to 17 minutes or until golden brown. Cool slightly; split each biscuit. Divide 4 cups sliced strawberries among the biscuits, and top with whipped cream. Yum!

slow-and-easy barbecued ribs

YIELD: 6 SERVINGS
Prep Time: 10 minutes (Ready in 10 hours 40 minutes)

2 lb. boneless country-style pork loin ribs
1 medium onion, sliced
1 garlic clove, minced
⅔ cup barbecue sauce
⅓ cup plum jam

1. Spray 4- to 6-quart slow cooker with nonstick cooking spray. Place pork ribs, onion and garlic in sprayed slow cooker.

2. Cover; cook on low setting for 8 to 10 hours.

3. About 35 minutes before serving, drain and discard juices from slow cooker; wipe edge of cooker clean. In measuring cup, combine barbecue sauce and jam; mix well. Pour or spoon mixture over ribs, coating evenly.



4. Increase heat setting to high; cover and cook an additional 25 to 30 minutes or until ribs are glazed. Serve ribs with sauce.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 440 • Calories from Fat 260 • % Daily Value: Total Fat 29g 45% • Saturated Fat 11g 55% • Cholesterol 105mg 35% • Sodium 290mg 12% • Total Carbohydrate 18g 6% • Dietary Fiber 1g 4% • Sugars 10g • Protein 27g • Vitamin A 6% • Vitamin C 6% • Calcium 4% • Iron 8% • **DIETARY EXCHANGES:** 1 Fruit, 4 Medium-Fat Meat, 1½ Fat **OR** 1 Carbohydrate, 4 Medium-Fat Meat, 1½ Fat



DOUGHBOY TIP

Make no bones about it: country-style ribs, cut from the loin, are the meatiest type of rib. Boneless country-style ribs are ideal for small slow cookers, and bone-in ribs can be used in large cookers.

key west ribs

YIELD: 4 SERVINGS
Prep Time: 10 minutes (Ready in 9 hours 10 minutes)

2½ lb. country-style pork loin ribs
¼ cup finely chopped onion
¼ cup barbecue sauce
1 teaspoon grated orange peel
1 teaspoon grated lime peel
½ teaspoon salt
¼ cup orange juice
2 tablespoons lime juice

1. Place pork ribs in 3½- to 4-quart slow cooker. In small bowl, combine all remaining ingredients; mix well. Pour over ribs.

2. Cover; cook on low setting for 7 to 9 hours. Spoon sauce over ribs.



NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 520 • Calories from Fat 350 • % Daily Value: Total Fat 39g 60% • Saturated Fat 14g 70% • Cholesterol 140mg 47% • Sodium 470mg 20% • Total Carbohydrate 5g 2% • Dietary Fiber 1g 4% • Sugars 2g • Protein 36g • Vitamin A 4% • Vitamin C 15% • Calcium 4% • Iron 10% • **DIETARY EXCHANGES:** ½ Fruit, 5 High-Fat Meat **OR** ½ Carbohydrate, 5 High-Fat Meat

SERVE WITH

Take a virtual cruise to the Caribbean by serving these citrus-flavored ribs with black beans and rice. Slices of fresh mango and pineapple make an easy and fresh dessert.

bolognese pasta sauce with spaghetti

YIELD: 6 SERVINGS
Prep Time: 15 minutes (Ready in 8 hours 45 minutes)

6 Italian sausage links (about 1½ lb.), cut into 1-inch pieces
1 cup finely chopped onions
3 tablespoons sugar
1 teaspoon dried basil leaves
1 teaspoon dried oregano leaves
½ teaspoon salt
2 garlic cloves, minced
1 (28-oz.) can crushed tomatoes, undrained
1 (15-oz.) can tomato sauce
1 (12-oz.) can tomato paste
12 oz. uncooked spaghetti

1. In 3½- to 4-quart slow cooker, combine all ingredients except spaghetti; mix well.

2. Cover; cook on low setting for 6 to 8 hours. Skim and discard fat, if desired.

3. About 30 minutes before serving, cook spaghetti to desired doneness as directed on package. Serve sauce over spaghetti.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 560 • Calories from Fat 170 • % Daily Value: Total Fat 19g 29% • Saturated Fat 6g 30% • Cholesterol 55mg 18% • Sodium 1930mg 80% • Total Carbohydrate 78g 26% • Dietary Fiber 7g 28% • Sugars 17g • Protein 26g • Vitamin A 44% • Vitamin C 46% • Calcium 10% • Iron 32% • **DIETARY EXCHANGES:** 4 Starch, 3 Vegetable, 1 High-Fat Meat, 1 Fat **OR** 4 Carbohydrate, 3 Vegetable, 1 High-Fat Meat, 1 Fat

SERVE WITH

When you need an easy weeknight meal, this is it! While the spaghetti cooks, bake some refrigerated breadsticks and toss a Caesar salad. For dessert, serve spumoni ice cream and biscotti.

ravioli with smoked sausage and peppers

YIELD: 4 SERVINGS

Prep Time: 5 minutes (Ready in 6 hours 5 minutes)

½ (25-oz.) pkg. frozen cheese-filled ravioli

2 cups frozen bell pepper and onion stir-fry

1 (26-oz.) jar chunky tomato pasta sauce

½ lb. smoked sausage links, sliced

1 oz. (¼ cup) shredded fresh Parmesan cheese

1. In 3½- to 4-quart slow cooker, combine all ingredients except Parmesan cheese; mix well.

2. Cover; cook on low setting for 5 to 6 hours. Sprinkle individual servings with cheese.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 550 • Calories from Fat 270 • % Daily Value: Total Fat 30g 46% • Saturated Fat 13g 65% • Cholesterol 120mg 40% • Sodium 1380mg 58% • Total Carbohydrate 41g 14% • Dietary Fiber 3g 12% • Sugars 4g • Protein 30g • Vitamin A 10% • Vitamin C 10% • Calcium 30% • Iron 15% • **DIETARY EXCHANGES:** 2½ Starch, 1 Vegetable, 3 High-Fat Meat, 1 Fat **OR** 2½ Carbohydrate, 1 Vegetable, 3 High-Fat Meat, 1 Fat

SERVE WITH

For warm **Italian Biscuits,** separate a 12-oz. can refrigerated flaky biscuits into 10 biscuits. Mix together 3 tablespoons grated Parmesan cheese and 1 teaspoon dried Italian seasoning. Dip tops of biscuits into melted margarine and then into cheese mixture. Place cheese side up on ungreased cookie sheet. Bake as directed on can.



italian sausage lasagna

YIELD: 6 SERVINGS
Prep Time: 25 minutes (Ready in 8 hours 25 minutes)

¾ lb. bulk Italian pork sausage
½ cup chopped onion
2 (15-oz.) cans Italian-style tomato sauce
2 teaspoons dried basil leaves
½ teaspoon salt
1 (15-oz.) container part-skim ricotta cheese
1 cup grated Parmesan cheese
12 oz. (3 cups) shredded mozzarella cheese
12 oz. (12 noodles) uncooked lasagna noodles

1. In large skillet, cook sausage and onion over medium heat for 6 to 8 minutes or until sausage is no longer pink, stirring occasionally. Drain. Add tomato sauce, basil and salt; mix well.

2. In medium bowl, combine ricotta cheese, Parmesan cheese and 2 cups of the mozzarella cheese.

3. Spoon ¼ of the sausage mixture into 3½- to 5-quart slow cooker. Top with 4 noodles, broken into pieces to fit. Top with half of the cheese mixture and ¼ of the sausage mixture. Top with 4 noodles, remaining cheese mixture and ¼ of the sausage mixture. Top with remaining 4 noodles and remaining sausage mixture.

4. Cover; cook on low setting for 6 to 8 hours.

5. About 10 minutes before serving, sprinkle top of lasagna with remaining 1 cup mozzarella cheese. Cover; let stand about 10 minutes or until cheese is melted. Cut lasagna into pieces.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 770 • Calories from Fat 335 • % Daily Value: Total Fat 37g 57% • Saturated Fat 18g 90% • Cholesterol 100mg 33% • Sodium 1980mg 83% • Total Carbohydrate 66g 22% • Dietary Fiber 4g 16% • Sugars 15g • Protein 47g • Vitamin A 36% • Vitamin C 18% • Calcium 90% • Iron 22% • **DIETARY EXCHANGES:** 3 Starch, 1 Low-Fat Milk, 2 Vegetable, 4 High-Fat Meat **OR** 4½ Carbohydrate, 2 Vegetable, 4 High-Fat Meat



DOUGHBOY TIP

Love your lasagna thick and meaty? For thick pieces of lasagna, use a 3½-quart slow cooker. A larger slow cooker will also work, but your lasagna pieces will be a bit thinner.

scalloped potatoes, tomatoes and ham

YIELD: 4 SERVINGS
Prep Time: 15 minutes (Ready in 7 hours 15 minutes)

6 cups thinly sliced, peeled potatoes (about 6 medium)
½ cup chopped onion
2 tablespoons all-purpose flour
1 teaspoon salt
¼ teaspoon pepper
2 cups chopped cooked ham
1 (14.5-oz.) can whole tomatoes, undrained, cut-up
2 tablespoons margarine or butter, cut into small pieces

1. Spray inside of 3½- to 4-quart slow cooker with nonstick cooking spray. Layer half of potatoes, onion, flour, salt, pepper, ham, tomatoes and margarine in sprayed slow cooker. Repeat layers.

2. Cover; cook on high setting for 1 hour.

3. Reduce heat setting to low; cook an additional 5 to 6 hours. Stir before serving.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 390 • Calories from Fat 110 • % Daily Value: Total Fat 12g 18% • Saturated Fat 3g 15% • Cholesterol 40mg 13% • Sodium 1840mg 77% • Total Carbohydrate 56g 19% • Dietary Fiber 6g 24% • Sugars 6g • Protein 21g • Vitamin A 12% • Vitamin C 26% • Calcium 6% • Iron 12% • **DIETARY EXCHANGES:** 3 Starch, 2 Vegetable, 1 High-Fat Meat **OR** 4 Carbohydrate, 2 Vegetable, 1 High-Fat Meat

SERVE WITH

Just add a crisp green salad and **Chive Crescents** to complete this family-favorite dish. Separate an 8-oz. can refrigerated crescent dinner rolls into 8 triangles. Brush triangles with 1 tablespoon melted margarine. Sprinkle with ¼ cup chopped fresh chives. Roll and bake as directed on can.

ham and chicken enchilada casserole

YIELD: 8 SERVINGS
Prep Time: 15 minutes (Ready in 6 hours 15 minutes)

9 (5- or 6-inch) corn tortillas
1 (9-oz.) pkg. frozen Southwestern-flavored cooked chicken breast strips, thawed, chopped
1 cup chopped cooked ham
3 (4.5-oz.) cans chopped green chiles
1 (15.5-oz.) can great northern beans, drained, rinsed
8 oz. (2 cups) shredded Mexican cheese blend
½ cup chicken broth
1 (15- or 15.5-oz.) can kidney beans, drained, rinsed

1. Spray 3½- to 4-quart slow cooker with nonstick cooking spray. Layer 3 tortillas in bottom, overlapping. Top with half of the chicken, half of the ham, 1 can of the chiles, the great northern beans and ½ cup of the cheese.

2. Pour ¼ cup of the broth over layers. Repeat with 3 more tortillas, remaining chicken and ham, 1 can of the chiles, the kidney beans and ½ cup of the cheese. Top with last 3 tortillas, remaining 1 cup cheese, can of chiles and ¼ cup broth.

3. Cover; cook on low setting for 6 hours.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅛ of Recipe • Calories 380 • Calories from Fat 115 • % Daily Value: Total Fat 13g 20% • Saturated Fat 6g 30% • Cholesterol 65mg 22% • Sodium 880mg 37% • Total Carbohydrate 43g 14% • Dietary Fiber 9g 36% • Sugars 4g • Protein 32g • Vitamin A 8% • Vitamin C 14% • Calcium 32% • Iron 30% • **DIETARY EXCHANGES:** 3 Starch, 3 Lean Meat **OR** 3 Carbohydrate, 3 Lean Meat

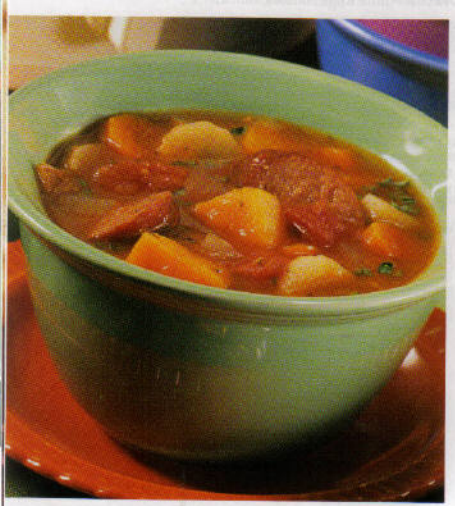
MAKE IT SPECIAL

Top off this casserole in the full Mexican style. Offer sour cream, chopped tomatoes, guacamole, salsa, shredded lettuce, sliced ripe olives and sliced green onions.

winter root and sausage casserole

YIELD: 6 SERVINGS
Prep Time: 20 minutes (Ready in 9 hours 20 minutes)

1 large baking potato, cut into ½-inch cubes
1 large dark-orange sweet potato, peeled, cut into ½-inch cubes
2 medium carrots, sliced
1 medium parsnip, sliced
½ cup chopped onion
1 lb. smoked sausage links, sliced
1 (14.5-oz.) can chunky tomatoes with garlic and Italian herbs, undrained
1 (14-oz.) can chicken broth
2 teaspoons sugar
½ teaspoon dried thyme leaves
¼ teaspoon pepper
¼ cup chopped fresh parsley



1. In 3½- to 4-quart slow cooker, combine all ingredients except parsley; mix well.

2. Cover; cook on low setting for 7 to 9 hours. Stir in parsley before serving.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 430 • Calories from Fat 230 • % Daily Value: Total Fat 25g 38% • Saturated Fat 9g 45% • Cholesterol 50mg 17% • Sodium 1520mg 63% • Total Carbohydrate 29g 10% • Dietary Fiber 4g 16% • Sugars 8g • Protein 21g • Vitamin A 250% • Vitamin C 35% • Calcium 8% • Iron 15% • **DIETARY EXCHANGES:** 2 Starch, 2 High-Fat Meat, 1½ Fat **OR** 2 Carbohydrate, 2 High-Fat Meat, 1½ Fat

SERVE WITH

For a chill-chasing menu, serve this hearty casserole with warm biscuits and honey, plus mugs of hot orange-spiced tea.

moroccan lamb and rice

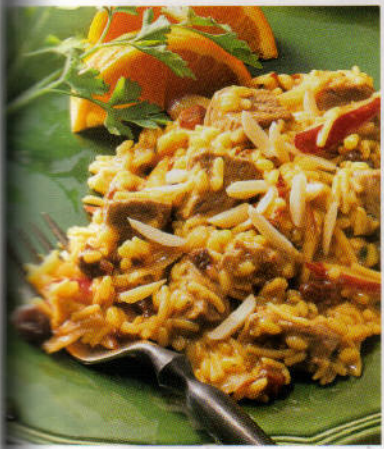
YIELD: 4 SERVINGS
Prep Time: 10 minutes (Ready in 9 hours 30 minutes)

1 lb. boneless lamb, cut into 1-inch pieces, or 1 lb. lamb stew meat
1 small apple, shredded
1 (6.9-oz.) pkg. rice and vermicelli mix with chicken seasonings
1½ cups chicken broth
1 teaspoon curry powder
¼ cup raisins
¼ cup slivered almonds

1. In 3½- to 4-quart slow cooker, combine lamb, apple, seasoning packet from rice mix, broth and curry powder; mix well.

2. Cover; cook on low setting for 7 to 9 hours.

3. About 25 minutes before serving, add rice and raisins; mix well. Increase heat setting to high; cover and cook an additional 20 minutes or until rice is tender. Sprinkle individual servings with almonds.



NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 430 • Calories from Fat 110 • % Daily Value: Total Fat 12g 18% • Saturated Fat 3g 15% • Cholesterol 75mg 25% • Sodium 1260mg 53% • Total Carbohydrate 50g 17% • Dietary Fiber 4g 16% • Sugars 11g • Protein 31g • Vitamin A 0% • Vitamin C 2% • Calcium 6% • Iron 25% • **DIETARY EXCHANGES:** 3 Starch, ½ Fruit, 3 Lean Meat **OR** 3½ Carbohydrate, 3 Lean Meat

SERVE WITH

For an authentic Moroccan touch, complement the meal with warm pita bread, hummus and a side of mango chutney.

lamb dijon

YIELD: 6 SERVINGS

Prep Time: 25 minutes (Ready in 10 hours 40 minutes)

¼ cup all-purpose flour
1 teaspoon salt
¼ teaspoon pepper
2 lb. lamb stew meat
2 tablespoons oil
6 small red potatoes (1¼ lb.), cubed
¼ cup Dijon mustard
½ teaspoon grated lemon peel
1 tablespoon lemon juice
2 teaspoons chopped fresh rosemary or ½ teaspoon dried rosemary leaves
2 garlic cloves, minced
1 (14-oz.) can beef broth
1½ cups frozen sweet peas, thawed

1. In resealable plastic bag, combine flour, salt and pepper; shake to mix. Add lamb; shake until evenly coated. Heat oil in 12-inch skillet over medium-high heat until hot. Add lamb; cook about 20 minutes or until browned, stirring occasionally. Drain.

2. In 3½- to 6-quart slow cooker, combine lamb and all remaining ingredients except peas; mix well.

3. Cover; cook on low setting for 8 to 10 hours.

4. Skim fat from juices in slow cooker. Stir peas into lamb mixture. Increase heat setting to high; cover and cook an additional 10 to 15 minutes or until peas are hot.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 335 • Calories from Fat 110 • % Daily Value: Total Fat 12g 18% • Saturated Fat 3g 15% • Cholesterol 85mg 28% • Sodium 1060mg 44% • Total Carbohydrate 30g 10% • Dietary Fiber 4g 16% • Sugars 3g • Protein 31g • Vitamin A 4% • Vitamin C 12% • Calcium 4% • Iron 22% • **DIETARY EXCHANGES:** 2 Starch, 3½ Lean Meat **OR** 2 Carbohydrate, 3½ Lean Meat

SERVE WITH

Biscuit Flat Breads are easy to make. Heat oven to 400°F. Separate a 16.3-oz. can large refrigerated buttermilk biscuits into 10 biscuits. Place biscuits on ungreased cookie sheets. Press each into thin 6 x 5-inch oval; brush with beaten egg. Sprinkle with about ½ teaspoon sesame seed. Bake 6 to 9 minutes or until light golden brown and crisp. Cut into wedges, and serve warm.

beans 'n wieners

YIELD: 8 SERVINGS

Prep Time: 10 minutes (Ready in 6 hours 10 minutes)

1 lb. wieners, cut into fourths

3 (16-oz.) cans pork and beans in tomato sauce

½ cup ketchup

¼ cup finely chopped onion

¼ cup molasses

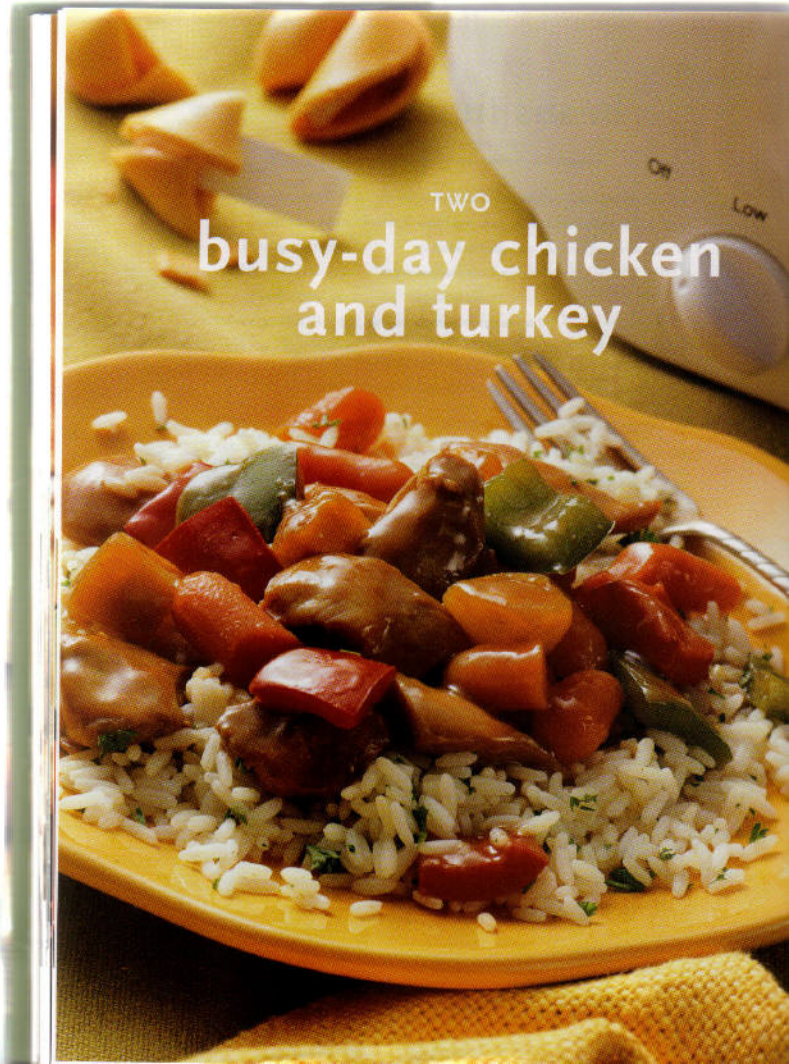
2 teaspoons prepared mustard

1. In 3½- to 4-quart slow cooker, combine all ingredients; mix well.
2. Cover; cook on low setting for 5 to 6 hours.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅛ of Recipe • Calories 420 • Calories from Fat 170 • % Daily Value: Total Fat 19g 29% • Saturated Fat 7g 35% • Cholesterol 40mg 13% • Sodium 1540mg 64% • Total Carbohydrate 47g 16% • Dietary Fiber 10g 40% • Sugars 21g • Protein 16g • Vitamin A 10% • Vitamin C 6% • Calcium 10% • Iron 25% • **DIETARY EXCHANGES:** 2 Starch, 1 Fruit, 1½ High-Fat Meat, 1 Fat OR 3 Carbohydrate, 1½ High-Fat Meat, 1 Fat

KIDS CAN HELP

The kids will have fun shaping **Soft Pretzels.** Heat oven to 375°F. Unroll an 11-oz. can refrigerated breadsticks and separate into 12 breadsticks. Twist and stretch each breadstick to form 22-inch rope. Shape rope into pretzel shape; tuck ends under and press to seal. Place on ungreased cookie sheets. Brush pretzels with a beaten egg white. Sprinkle with grated Parmesan-Romano cheese blend. Bake 12 to 18 minutes or until golden brown.



TWO

busy-day chicken and turkey

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SWEET-AND-SOUR CHICKEN WITH RICE, PAGE 76

herbed chicken and stuffing supper

YIELD: 6 SERVINGS

Prep Time: 15 minutes (Ready in 6 hours 35 minutes)

3 lb. bone-in chicken pieces, skin removed

1 (10¾-oz.) can condensed cream of chicken with herbs soup

4 medium dark-orange sweet potatoes, peeled, cut into ½-inch slices

1 (6-oz.) pkg. chicken-flavor stuffing mix

1¼ cups water

¼ cup margarine or butter, melted

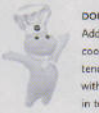
1 cup frozen cut green beans, thawed

1. Place chicken pieces in 5- to 6-quart slow cooker. Spoon soup over chicken. Top with sweet potatoes. In medium bowl, combine stuffing mix, water and margarine; mix well. Spoon over sweet potatoes.

2. Cover; cook on low setting for 4 to 6 hours.

3. About 20 minutes before serving, sprinkle green beans over stuffing. Cover; cook on low setting an additional 15 to 20 minutes or until beans are tender.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 620 • Calories from Fat 215 • % Daily Value: Total Fat 24g 37% • Saturated Fat 6g 30% • Cholesterol 150mg 50% • Sodium 1070mg 45% • Total Carbohydrate 52g 17% • Dietary Fiber 5g 20% • Sugars 16g • Protein 54g • Vitamin A 300% • Vitamin C 20% • Calcium 8% • Iron 22% • **DIETARY EXCHANGES:** 3 Starch, 1 Vegetable, 6 Lean Meat, 1 Fat **OR** 3½ Carbohydrate, 1 Vegetable, 6 Lean Meat, 1 Fat



DOUGHBOY TIP

Adding the green beans at the end of the cooking time keeps them green and crisp-tender. If you prefer, you can add the beans with the sweet potatoes, but they will be softer in texture and have a lighter green color.

mango chutney-chicken curry

YIELD: 4 SERVINGS

Prep Time: 20 minutes (Ready in 7 hours 20 minutes)

4 bone-in chicken breast halves (about 1¾ lb.), skin removed

1 (15-oz.) can garbanzo beans or chickpeas, drained, rinsed

1 small onion, thinly sliced

1 small red bell pepper, chopped (½ cup)

1 cup fresh sugar snap peas

1 (9-oz.) jar mango chutney

¾ cup water

2 tablespoons cornstarch

1½ teaspoons curry powder

¼ teaspoon salt

¾ teaspoon pepper

1. In 3½- to 4-quart slow cooker, layer chicken breast halves, beans, onion, bell pepper and sugar snap peas. In small bowl, combine all remaining ingredients; mix well. Pour into slow cooker.

2. Cover; cook on low setting for 6 to 7 hours.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 405 • Calories from Fat 65 • % Daily Value: Total Fat 7g 11% • Saturated Fat 1g 5% • Cholesterol 75mg 25% • Sodium 400mg 17% • Total Carbohydrate 58g 19% • Dietary Fiber 10g 40% • Sugars 23g • Protein 37g • Vitamin A 26% • Vitamin C 42% • Calcium 8% • Iron 26% • **DIETARY EXCHANGES:** 2 Starch, 2 Fruit, 4 Very Lean Meat **OR** 4 Carbohydrate, 4 Very Lean Meat

SERVE WITH

Serve this Indian-inspired meal over hot cooked rice or couscous. Offer small bowls of traditional curry toppers, such as toasted coconut, chopped peanuts, raisins and mango chutney, to pass at the table.

chicken in wine sauce

YIELD: 6 SERVINGS
Prep Time: 35 minutes (Ready in 9 hours 35 minutes)

4 slices bacon, cut into pieces
¼ cup all-purpose flour
½ teaspoon salt
⅛ teaspoon pepper
3 to 3½ lb. cut-up frying chicken, skin removed
1½ cups fresh baby carrots
1 cup frozen small whole onions, thawed
1 (4.5-oz.) jar whole mushrooms, drained
1 garlic clove, minced
¾ cup red wine or nonalcoholic red wine
½ cup chicken broth
2 teaspoons dried parsley flakes
½ teaspoon dried thyme leaves
½ teaspoon dried marjoram leaves
¼ cup water
2 tablespoons all-purpose flour
2 tablespoons chopped fresh parsley

1. Cook bacon in large nonstick skillet over medium heat until crisp. Remove bacon from skillet; drain on paper towels. Refrigerate until needed.

2. Remove and discard all but 2 tablespoons bacon drippings from skillet. In shallow dish or pie pan, combine ¼ cup flour, salt and pepper; mix well. Coat chicken pieces generously with flour mixture. Add chicken to skillet; cook 7 to 10 minutes or until deep golden brown on all sides. Place chicken in 3½- to 4-quart slow cooker.

3. In same skillet, combine carrots, onions, mushrooms and garlic. Cook and stir over medium heat for 5 minutes or until lightly browned. Add to chicken in slow cooker. Add wine, broth, dried parsley, thyme and marjoram to same skillet; cook and stir until hot, scraping up bits from bottom of skillet. Pour over chicken and vegetables in slow cooker.

4. Cover; cook on low setting for 7 to 9 hours.

5. About 15 minutes before serving, with slotted spoon, remove chicken and vegetables from slow cooker; place on serving platter. Cover to keep warm.

6. In small bowl, blend water and 2 tablespoons flour until smooth. Stir into liquid in slow cooker. Increase heat setting to high; cover and cook an additional 8 to 10 minutes or until thickened. Sprinkle chicken with reserved bacon and chopped parsley. Serve chicken with wine sauce.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 415 • Calories from Fat 155 • % Daily Value: Total Fat 17g 26% • Saturated Fat 5g 25% • Cholesterol 150mg 50% • Sodium 630mg 26% • Total Carbohydrate 17g 6% • Dietary Fiber 2g 8% • Sugars 7g • Protein 51g • Vitamin A 100% • Vitamin C 6% • Calcium 4% • Iron 18% • **DIETARY EXCHANGES:** 1/2 Starch, 2 Vegetable, 6½ Very Lean Meat, 2 Fat **OR** 1 Carbohydrate, 2 Vegetable, 6½ Very Lean Meat, 2 Fat



DOUGHBOY TIP

Wondering about what wine goes well in this dish? Merlot is a good choice. The color is not as deep as that of many red wines, so sauce made with Merlot won't have the purplish color of other red wine sauces. Serve the rest of the bottle with the meal.



chicken fettuccine alfredo

YIELD: 5 SERVINGS
Prep Time: 25 minutes (Ready in 6 hours 25 minutes)

1¼ lb. boneless skinless chicken thighs, cut into ¾-inch pieces
1 (4.5-oz.) jar sliced mushrooms, drained
½ cup roasted red bell pepper strips (from a jar)
2 tablespoons dry sherry, if desired
1 (16-oz.) jar Alfredo sauce
3 cups frozen cut broccoli
10 oz. uncooked fettuccine
2 tablespoons shredded fresh Parmesan cheese

1. In 3- to 4-quart slow cooker, layer chicken thighs, mushrooms and roasted pepper strips. Drizzle with sherry. Spoon Alfredo sauce on top.

2. Cover; cook on low setting for 5 to 6 hours.

3. About 25 minutes before serving, rinse broccoli with warm water to thaw; drain well. Add broccoli to chicken mixture. Increase heat setting to high; cover and cook an additional 20 minutes. Meanwhile, cook fettuccine to desired doneness as directed on package. Drain.

4. Stir cooked fettuccine into chicken mixture. Sprinkle with Parmesan cheese.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅕ of Recipe • Calories 745 • Calories from Fat 385 • % Daily Value: Total Fat 43g 66% • Saturated Fat 23g 115% • Cholesterol 215mg 72% • Sodium 660mg 28% • Total Carbohydrate 51g 17% • Dietary Fiber 6g 24% • Sugars 4g • Protein 44g • Vitamin A 72% • Vitamin C 50% • Calcium 38% • Iron 30% • **DIETARY EXCHANGES:** 3 Starch, 1 Vegetable, 5 Lean Meat, 4½ Fat **OR** 3 Carbohydrate, 1 Vegetable, 5 Lean Meat, 4½ Fat

SERVE WITH

Did you ever think you could make fettuccine Alfredo in the slow cooker? You can, and it's both easy and delicious! Try it yourself, with warm focaccia bread and a salad of sliced tomatoes and fresh basil for a little taste of Italy.

chicken italiano

YIELD: 4 SERVINGS

Prep Time: 25 minutes (Ready in 10 hours 25 minutes)

8 boneless skinless chicken thighs (1½ to 1¾ lb.)

½ cup chopped onion

½ cup halved pitted ripe olives

2 tablespoons capers

1 teaspoon dried oregano leaves

½ teaspoon salt

½ teaspoon dried rosemary leaves, crushed

¼ teaspoon garlic powder

1 (14.5-oz.) can diced tomatoes, undrained

¼ cup water

1 tablespoon cornstarch

1. Place chicken thighs in 3½- to 4-quart slow cooker. Top with onion, olives and capers. Sprinkle with oregano, salt, rosemary and garlic powder. Pour tomatoes over chicken.

2. Cover; cook on low setting for 7 to 10 hours.

3. About 15 minutes before serving, with slotted spoon, remove chicken and vegetables from slow cooker; place on serving platter. Cover to keep warm.

4. In small bowl, blend water and cornstarch until smooth. Stir into liquid in slow cooker. Increase heat setting to high; cover and cook an additional 5 to 10 minutes or until thickened. Serve chicken with sauce.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 365 • Calories from Fat 160 • % Daily Value: Total Fat 18g 28% • Saturated Fat 5g 25% • Cholesterol 125mg 42% • Sodium 820mg 34% • Total Carbohydrate 10g 3% • Dietary Fiber 2g 8% • Sugars 4g • Protein 43g • Vitamin A 10% • Vitamin C 14% • Calcium 10% • Iron 26% • **DIETARY EXCHANGES:** 2 Vegetable, 6 Lean Meat

SERVE WITH

Mozzarella cheese is the hidden treat in **Cheese Bursts.** Separate a 12-oz. can refrigerated flaky biscuit dough into 10 biscuits. Partially separate each biscuit into 2 layers; insert ¾-inch cube of mozzarella cheese and about 1 teaspoon chopped green onions into each opening. Place on ungreased cookie sheet. Press edges to seal well. Cut a deep X on top of each biscuit. Brush with melted margarine. Bake as directed on can.

chicken breasts supreme

YIELD: 6 SERVINGS
Prep Time: 25 minutes (Ready in 4 hours 40 minutes)

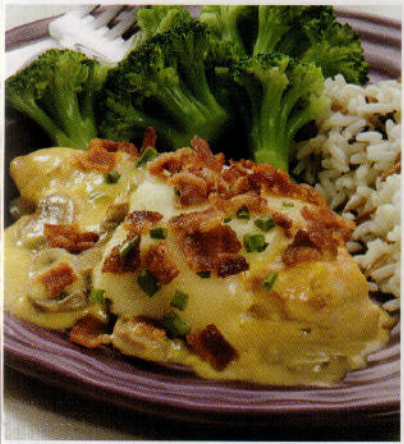
2 slices bacon
6 boneless skinless chicken breast halves (about 1½ lb.)
1 (4.5-oz.) jar sliced mushrooms, drained
1 (10¾-oz.) can condensed cream of chicken soup
2 tablespoons dry sherry, if desired
3 oz. sliced Swiss cheese
1 tablespoon chopped fresh chives
3 cups frozen broccoli florets

1. Cook bacon in large skillet over medium heat until crisp. Remove bacon from skillet; drain on paper towels. Refrigerate until needed. Reserve bacon drippings in skillet.

2. Add chicken breast halves to bacon drippings in skillet; cook over medium-high heat for 3 to 5 minutes or until lightly browned, turning once. Transfer chicken to 4- to 6-quart slow cooker. Top with mushrooms. In same skillet, stir together soup and sherry. Spoon over mushrooms.

3. Cover; cook on low setting for 3 to 4 hours.

4. Top mixture in slow cooker with cheese slices. Sprinkle with chives. Crumble bacon over cheese. Increase heat setting to high; cover and cook an additional 10 to 15 minutes or until cheese is melted.



5. Meanwhile, microwave broccoli in covered microwave-safe dish on HIGH for 6 to 8 minutes or until crisp-tender.

6. With slotted spoon, remove chicken, broccoli and mushrooms from slow cooker; arrange on serving platter. Serve with cooking juices from slow cooker.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 285 • Calories from Fat 110 • % Daily Value: Total Fat 12g 18% • Saturated Fat 5g 25% • Cholesterol 90mg 30% • Sodium 610mg 25% • Total Carbohydrate 11g 4% • Dietary Fiber 3g 12% • Sugars 2g • Protein 36g • Vitamin A 38% • Vitamin C 30% • Calcium 20% • Iron 10% • **DIETARY EXCHANGES:** 2 Vegetable, 4½ Very Lean Meat



DOUGHBOY TIP

Most recipes don't use chicken breasts for long, slow cooking because they can become dry and stringy. In this recipe, however, the chicken stays moist and tender because it is smothered with a creamy sauce and simmered just 3 to 4 hours.

spanish chicken

YIELD: 6 SERVINGS
Prep Time: 15 minutes (Ready in 8 hours 15 minutes)

1¾ lb. boneless skinless chicken breast halves, cut into 1-inch pieces
1 lb. Italian turkey sausage links, cut into 1-inch pieces
1 large red bell pepper, chopped (1½ cups)
1 cup chopped onions
2 garlic cloves, minced
1 teaspoon dried oregano leaves
½ to 1 teaspoon crushed red pepper flakes
1 (28-oz.) can diced tomatoes, undrained
1 (6-oz.) can tomato paste
1 cup uncooked regular long-grain white rice
2 cups water
1 (14-oz.) can artichoke heart quarters, drained
1 (4-oz.) can sliced ripe olives, drained

1. Spray 3½- to 4-quart slow cooker with nonstick cooking spray. Combine chicken, sausage, bell pepper, onions, garlic, oregano, red pepper flakes, tomatoes and tomato paste in sprayed slow cooker; mix well.



2. Cover; cook on low setting for 6 to 8 hours.

3. About 25 minutes before serving, cook rice in 2 cups water as directed on package.

4. Just before serving, stir artichoke hearts and olives into chicken mixture; cook until thoroughly heated. Serve chicken mixture with rice.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 490 • Calories from Fat 145 • % Daily Value: Total Fat 16g 25% • Saturated Fat 4g 20% • Cholesterol 125mg 42% • Sodium 1320mg 55% • Total Carbohydrate 48g 16% • Dietary Fiber 8g 32% • Sugars 9g • Protein 47g • Vitamin A 56% • Vitamin C 76% • Calcium 14% • Iron 30% • **DIETARY EXCHANGES:** 3 Starch, 1 Vegetable, 5 Very Lean Meat, 1 Fat **OR** 3 Carbohydrate, 1 Vegetable, 5 Very Lean Meat, 1 Fat

MAKE IT SPECIAL

For the ultimate Spanish touch, try pitted kalamata olives instead of the ripe olives. Kalamata olives are both salty and fruity, which adds real flavor flair to this unforgettable dish.

cajun-seasoned chicken

YIELD: 4 SERVINGS
Prep Time: 15 minutes (Ready in 9 hours 15 minutes)

3 slices bacon, chopped
½ cup chopped green bell pepper
¼ cup chopped onion
¼ cup chopped celery
8 boneless skinless chicken thighs (1½ to 1¾ lb.)
2 teaspoons dried Cajun seasoning
1 (14.5-oz.) can diced tomatoes, undrained

1. Cook bacon in large nonstick skillet over medium-high heat until crisp. Add bell pepper, onion and celery; cook 2 to 3 minutes or until crisp-tender, stirring frequently. With slotted spoon, spoon bacon and vegetables into 3½- or 4-quart slow cooker.

2. Sprinkle chicken thighs with 1 teaspoon of the Cajun seasoning; place in same skillet. Cook chicken 4 to 5 minutes or until browned on both sides, turning once. Arrange chicken and any remaining drippings over vegetables in slow cooker. Pour tomatoes over chicken. Stir in remaining teaspoon Cajun seasoning.

3. Cover; cook on low setting for 8 to 9 hours.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 360 • Calories from Fat 160 • % Daily Value: Total Fat 18g 28% • Saturated Fat 6g 30% • Cholesterol 125mg 42% • Sodium 350mg 15% • Total Carbohydrate 7g 2% • Dietary Fiber 2g 8% • Sugars 3g • Protein 45g • Vitamin A 10% • Vitamin C 26% • Calcium 8% • Iron 24% • **DIETARY EXCHANGES:** 1 Vegetable, 6 Lean Meat

SERVE WITH

Brimming with fiery flavor, this seasoned chicken is wonderful over hot cooked rice. Round out the meal with sides of buttered corn and watermelon slices.

thai peanut chicken

YIELD: 4 SERVINGS
Prep Time: 15 minutes (Ready in 9 hours 15 minutes)

8 bone-in chicken thighs (about 2 lb.), skin removed
¼ cup hot chunky-style salsa
¼ cup peanut butter
2 tablespoons lime juice
1 tablespoon soy sauce
1 teaspoon grated gingerroot
¼ cup chopped peanuts
2 tablespoons chopped fresh cilantro

1. Place chicken thighs in 3½- to 6-quart slow cooker. In small bowl, combine all remaining ingredients except peanuts and cilantro; mix well. Pour over chicken.

2. Cover; cook on low setting for 8 to 9 hours.

3. With slotted spoon, remove chicken from slow cooker; place on serving platter. Skim fat from sauce. Spoon sauce over chicken. Sprinkle with peanuts and cilantro.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 380 • Calories from Fat 215 • % Daily Value: Total Fat 24g 37% • Saturated Fat 6g 30% • Cholesterol 85mg 28% • Sodium 630mg 26% • Total Carbohydrate 9g 3% • Dietary Fiber 3g 12% • Sugars 0g • Protein 36g • Vitamin A 10% • Vitamin C 6% • Calcium 6% • Iron 18% • **DIETARY EXCHANGES:** 2 Vegetable, 4 Medium-Fat Meat, 1 Fat **OR** ½ Carbohydrate, 2 Vegetable, 4 Medium-Fat Meat, 1 Fat

SERVE WITH

A platter of hot cooked rice and a simple side of sliced cucumbers tossed with vinaigrette are all you need to make this a truly Thai meal.

chicken stroganoff pot pie

YIELD: 4 SERVINGS

Prep Time: 20 minutes (Ready in 5 hours 30 minutes)

1 (0.87- to 1.2-oz.) pkg. chicken gravy mix
1 (10½-oz.) can condensed chicken broth
1 lb. boneless skinless chicken breast halves, cut into 1-inch pieces
1 (16-oz.) pkg. frozen stew vegetables, thawed, drained
1 (4.5-oz.) jar sliced mushrooms, drained
½ cup sour cream
1 tablespoon all-purpose flour
1½ cups all-purpose flour
¼ cup chopped green onions
2 teaspoons baking powder
½ teaspoon salt
¼ cup shortening
¾ cup milk
1 cup frozen sweet peas, thawed

1. In 3½- to 6-quart slow cooker, combine gravy mix and broth; stir until smooth. Add chicken, stew vegetables and mushrooms; mix well.

2. Cover; cook on low setting for 4 hours.

3. About 1 hour 10 minutes before serving, blend sour cream and 1 tablespoon flour until smooth. Stir into chicken mixture. Increase heat setting to high; cover and cook 20 minutes.

4. Combine ½ cup flour, onions, baking powder and salt. With pastry blender or fork, cut in shortening until mixture resembles fine crumbs. Stir in milk just until moistened. Stir in peas. Drop dough by rounded tablespoonfuls onto chicken mixture. Cover; cook on high setting for 45 to 50 minutes or until toothpick inserted in center of topping comes out clean.



NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 595 • Calories from Fat 225 • % Daily Value: Total Fat 25g 38% • Saturated Fat 9g 44% • Cholesterol 90mg 31% • Sodium 1650mg 69% • Total Carbohydrate 58g 19% • Dietary Fiber 7g 29% • Sugars 8g • Protein 41g • Vitamin A 72% • Vitamin C 34% • Calcium 30% • Iron 28% • **DIETARY EXCHANGES:** 1 Starch, 2 Vegetable, 4 Med Fat Meat **OR** 3 Carbohydrate, 2 Vegetable, 4 Med Fat Meat

SERVE WITH

Comfort food doesn't get any better than this. Serve this chicken classic with hot dinner rolls and a spinach salad tossed with strawberries.

salsa chicken

YIELD: 6 SERVINGS
Prep Time: 10 minutes (Ready in 9 hours 10 minutes)

1 tablespoon oil
12 boneless skinless chicken thighs (about 2½ lb.)
1 teaspoon salt
½ cup chunky-style salsa
1 (15-oz.) can black beans, drained, rinsed
1 (11-oz.) can vacuum-packed whole kernel corn, drained
2 tablespoons chopped fresh cilantro

1. Heat oil in 12-inch skillet over medium-high heat until hot. Sprinkle chicken thighs with salt; add to skillet. Cook about 4 minutes or until browned, turning once.

2. In 3½- to 5-quart slow cooker, combine salsa, beans and corn; mix well. Top with chicken.



3. Cover; cook on low setting for 7 to 9 hours. Sprinkle chicken and vegetables with cilantro before serving.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 440 • Calories from Fat 155 • % Daily Value: Total Fat 17g 26% • Saturated Fat 5g 25% • Cholesterol 115mg 38% • Sodium 980mg 41% • Total Carbohydrate 30g 10% • Dietary Fiber 6g 24% • Sugars 4g • Protein 48g • Vitamin A 6% • Vitamin C 6% • Calcium 10% • Iron 32% • **DIETARY EXCHANGES:** 2 Starch, 6 Very Lean Meat, 1½ Fat **OR** 2 Carbohydrate, 6 Very Lean Meat, 1½ Fat

MAKE IT SPECIAL

To add an extra splash of color, you can also use whole kernel corn with bits of red and green pepper. If you want a bit more spiciness, try a medium or hot salsa.

chicken with creamy paprika sauce

YIELD: 5 SERVINGS
Prep Time: 10 minutes (Ready in 8 hours 20 minutes)

10 bone-in chicken thighs (about 2½ lb.), skin removed
1 medium onion, sliced
3 tablespoons chicken broth
2 tablespoons paprika
½ teaspoon salt
3 tablespoons cold water
3 tablespoons cornstarch
1 (8-oz.) container sour cream with chives

1. Place chicken thighs and onion in 3½- to 6-quart slow cooker. In small bowl, combine broth and paprika; mix well. Pour over chicken. Sprinkle with salt.

2. Cover; cook on low setting for 7 to 8 hours.

3. About 15 minutes before serving, with slotted spoon, remove chicken and onion from slow cooker; place on serving platter. Cover to keep warm.

4. In small bowl, blend water and cornstarch until smooth. Stir into liquid in slow cooker. Increase heat setting to high; cook an additional 8 to 10 minutes or until thickened. Stir in sour cream. Pour sauce over chicken.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 355 • Calories from Fat 190 • % Daily Value: Total Fat 21g 32% • Saturated Fat 9g 45% • Cholesterol 120mg 40% • Sodium 380mg 16% • Total Carbohydrate 10g 3% • Dietary Fiber 1g 4% • Sugars 3g • Protein 33g • Vitamin A 42% • Vitamin C 2% • Calcium 8% • Iron 18% • **DIETARY EXCHANGES:** ½ Starch, 4½ Medium-Fat Meat **OR** ½ Carbohydrate, 4½ Medium-Fat Meat



DOUGHBOY TIP

If you can't find sour cream with chives, sometimes labeled as "potato topping," use an 8-oz. container of sour cream and add 1 tablespoon chopped fresh or dried chives.

five-spice chicken big bowls

YIELD: 4 SERVINGS

Prep Time: 40 minutes (Ready in 8 hours 40 minutes)

8 bone-in chicken thighs (about 2 lb.), skin removed

2 garlic cloves, minced

1 cup chopped onions

2 medium stalks celery, sliced

2 teaspoons grated gingerroot

1 teaspoon Chinese five-spice powder

½ teaspoon salt

½ teaspoon grated lemon peel

2 (14-oz.) cans chicken broth

2 cups uncooked regular long-grain white rice

4 cups water

1. Place chicken thighs in 3½- to 5-quart slow cooker. Top with garlic, onions, celery, gingerroot, five-spice powder, salt and lemon peel. Add broth.

2. Cover; cook on low setting for 6 to 8 hours.

3. About 30 minutes before serving, cook rice in water as directed on package. With slotted spoon, remove chicken from slow cooker; cool until able to handle. Cut meat from bones; return meat to slow cooker. Discard bones.

4. Divide rice evenly into 4 large shallow soup bowls, spreading rice up sides of bowls. Add chicken and broth.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 755 • Calories from Fat 180 • % Daily Value: Total Fat 20g 31% • Saturated Fat 6g 30% • Cholesterol 140mg 47% • Sodium 1140mg 56% • Total Carbohydrate 86g 29% • Dietary Fiber 2g 8% • Sugars 2g • Protein 60g • Vitamin A 4% • Vitamin C 4% • Calcium 12% • Iron 44% • **DIETARY EXCHANGES:** 6 Starch, 5 Lean Meat **OR** 6 Carbohydrate, 5 Lean Meat

MAKE IT SPECIAL

Serving this dish in shallow soup bowls makes savory Far East chicken far from ordinary. For an accent, sprinkle sliced green onions or chopped fresh cilantro over each serving.



easy chicken cacciatore

YIELD: 4 SERVINGS
Prep Time: 25 minutes (Ready in 8 hours 25 minutes)

4 bone-in chicken thighs, skin removed
4 chicken drumsticks, skin removed
1 (15-oz.) can Italian-style tomato sauce
1 (4.5-oz.) jar whole mushrooms, drained
1 teaspoon dried oregano leaves
1 small onion, sliced
1 small green bell pepper, cut into 1-inch pieces
2 garlic cloves, minced
¼ cup water
2 tablespoons all-purpose flour

1. In 3½- to 4-quart slow cooker, combine all ingredients except water and flour; stir gently to mix.

2. Cover; cook on low setting for 6 to 8 hours.

3. About 15 minutes before serving, with slotted spoon, remove chicken and vegetables from slow cooker; place in serving bowl. Cover to keep warm.

4. In small bowl, blend water and flour until smooth. Stir into liquid in slow cooker. Increase heat setting to high; cover and cook an additional 5 to 10 minutes or until thickened. Stir well; spoon mixture over chicken.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 340 • Calories from Fat 150 • % Daily Value: Total Fat 17g 26% • Saturated Fat 4g 20% • Cholesterol 105mg 35% • Sodium 690mg 29% • Total Carbohydrate 14g 5% • Dietary Fiber 3g 12% • Sugars 8g • Protein 32g • Vitamin A 10% • Vitamin C 15% • Calcium 10% • Iron 15% • **DIETARY EXCHANGES:** ½ Starch, 1 Vegetable, 4 Lean Meat, 1 Fat **OR** ½ Carbohydrate, 1 Vegetable, 4 Lean Meat, 1 Fat

SERVE WITH

This dish is bursting with real Italian flavor. Noodles are a natural accompaniment, as are any long pasta such as fettuccine, spaghetti or linguine. Cook your favorite variety, and divide the cooked pasta among single-serving bowls. Spoon the chicken and sauce over the pasta, and garnish each serving with sprigs of fresh oregano or rosemary.

jambalaya with red beans and rice

YIELD: 8 SERVINGS
Prep Time: 30 minutes (Ready in 8 hours 30 minutes)

½ cup chopped onion
¼ lb. boneless skinless chicken thighs, quartered
1 garlic clove, minced
1 medium green bell pepper, chopped (1 cup)
2 bay leaves
1 (15.5-oz.) can red beans, drained, rinsed
1 (6-oz.) can tomato paste
1 (14.5-oz.) can diced tomatoes, undrained
½ teaspoon salt
1 (12-oz.) pkg. frozen shelled deveined cooked small shrimp, thawed
½ lb. cooked kielbasa or Polish sausage, halved lengthwise, cut into 1-inch slices
4 cups uncooked instant white rice
4 cups water

1. In 4- to 6-quart slow cooker, layer onion, chicken, garlic, bell pepper, bay leaves, beans, tomato paste, tomatoes and salt.

2. Cover; cook on low setting for 6 to 8 hours.

3. About 10 minutes before serving, gently stir shrimp and sausage into chicken mixture. Remove and discard bay leaves. Increase heat setting to high; cover and cook an additional 5 to 10 minutes or until shrimp and sausage are hot.

4. Meanwhile, cook rice in water as directed on package. Serve meat mixture over rice.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅛ of Recipe • Calories 440 • Calories from Fat 110 • % Daily Value: Total Fat 12g 18% • Saturated Fat 4g 20% • Cholesterol 130mg 43% • Sodium 900mg 38% • Total Carbohydrate 56g 19% • Dietary Fiber 5g 20% • Sugars 4g • Protein 28g • Vitamin A 20% • Vitamin C 30% • Calcium 8% • Iron 30% • **DIETARY EXCHANGES:** 3½ Starch, 2½ Lean Meat, ½ Fat OR 3½ Carbohydrate, 2½ Lean Meat, ½ Fat

MAKE IT SPECIAL

Present this popular Creole dish in shallow soup or pasta bowls. Scoop the beans and rice into each bowl, then top with the meat mixture. Garnish with strips of green bell pepper and a splash of hot pepper sauce.

chicken and cornmeal wedges

YIELD: 5 SERVINGS
Prep Time: 25 minutes (Ready in 10 hours)

1 teaspoon oil
1 lb. boneless skinless chicken thighs, cut into 1-inch pieces
1½ cups sliced celery
1½ cups fresh baby carrots
1 cup sliced fresh mushrooms
1 (1.8-oz.) pkg. dry leek soup mix
4 cups water
1 (10.8-oz.) can (5 biscuits) large refrigerated flaky biscuits
1 tablespoon cornmeal
1½ cups frozen sweet peas
¼ teaspoon pepper

1. Heat oil in medium skillet over medium-high heat until hot. Add chicken; cook and stir until browned.

2. In 4- to 6-quart slow cooker, combine chicken, celery, carrots, mushrooms, soup mix and water; mix well.

3. Cover; cook on low setting for 7 to 9 hours.

4. About 35 minutes before serving, separate dough into 5 biscuits; cut each into 8 wedges. Sprinkle wedges with cornmeal. Stir coated biscuit pieces into hot chicken mixture. Increase heat setting to high; cover and cook an additional 25 to 30 minutes or until biscuits are no longer doughy in center.

5. About 5 minutes before serving, microwave peas in covered microwave-safe dish on HIGH for 3 to 4 minutes or until hot.

6. Just before serving, stir peas and pepper into chicken mixture.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅕ of Recipe • Calories 440 • Calories from Fat 170 • % Daily Value: Total Fat 19g 29% • Saturated Fat 5g 25% • Cholesterol 60mg 20% • Sodium 1220mg 51% • Total Carbohydrate 43g 14% • Dietary Fiber 4g 16% • Sugars 8g • Protein 24g • Vitamin A 200% • Vitamin C 15% • Calcium 6% • Iron 20% • **DIETARY EXCHANGES:** 2½ Starch, 1 Vegetable, 2 Lean Meat, 2 Fat **OR** 2½ Carbohydrate, 1 Vegetable, 2 Lean Meat, 2 Fat

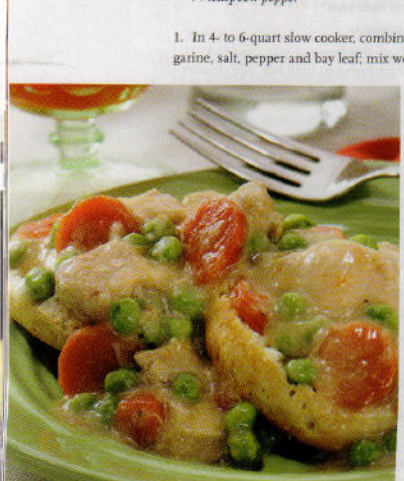
SERVE WITH
For a quick family supper, serve this tummy-filling entrée with creamy coleslaw, a fresh-fruit salad and brownie sundaes for dessert.

smothered buttermilk chicken over biscuits

YIELD: 5 SERVINGS
Prep Time: 25 minutes (Ready in 8 hours 45 minutes)

1 lb. boneless skinless chicken thighs, cut into ¾-inch pieces
3 medium carrots, sliced
⅓ cup chopped onion
½ cup water
2 tablespoons margarine or butter, melted
¼ teaspoon salt
¼ teaspoon pepper
1 bay leaf
1 (1.2-oz.) pkg. roasted chicken gravy mix
⅓ cup buttermilk
2 teaspoons all-purpose flour
1 cup frozen sweet peas, thawed, drained
1 (10.2-oz.) can (5 biscuits) large refrigerated buttermilk biscuits

1. In 4- to 6-quart slow cooker, combine chicken, carrots, onion, water, margarine, salt, pepper and bay leaf; mix well.



2. Cover; cook on low setting for 6 to 8 hours.

3. About 20 minutes before serving, stir gravy mix into chicken mixture. Remove and discard bay leaf. In measuring cup, blend buttermilk and flour until smooth. Stir flour mixture and peas into chicken mixture; mix well. Increase heat setting to high; cover and cook an additional 10 to 15 minutes or until peas are cooked.

4. Meanwhile, bake biscuits as directed on can. Serve chicken mixture over split biscuits.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅕ of Recipe • Calories 440 • Calories from Fat 190 • % Daily Value: Total Fat 21g 32% • Saturated Fat 5g 25% • Cholesterol 60mg 20% • Sodium 1170mg 49% • Total Carbohydrate 39g 13% • Dietary Fiber 3g 12% • Sugars 10g • Protein 23g • Vitamin A 250% • Vitamin C 10% • Calcium 8% • Iron 15% • **DIETARY EXCHANGES:** 2 Starch, ½ Fruit, 2½ Lean Meat, 2½ Fat **OR** 2½ Carbohydrate, 2½ Lean Meat, 2½ Fat

KIDS CAN HELP

This delicious dish is sure to be a hit with kids as well as adults. Let the kids separate the dough into individual biscuits and place them on the cookie sheet so they're ready to pop into the oven.

chicken drumsticks with sweet potatoes and pineapple

YIELD: 4 SERVINGS

Prep Time: 15 minutes (Ready in 10 hours 15 minutes)

2 medium dark-orange sweet potatoes, peeled, sliced (about 3 cups)

1 (8-oz.) can pineapple tidbits in unsweetened juice, undrained

½ cup chicken broth

¼ cup finely chopped onion

1 teaspoon grated gingerroot, if desired

¼ cup barbecue sauce

2 tablespoons honey

½ teaspoon dry mustard

8 chicken drumsticks (about 1½ lb.), skin removed

1. In 3½- to 4-quart slow cooker, combine sweet potatoes, pineapple with liquid, broth, onion and gingerroot; mix well.



2. In small bowl, combine barbecue sauce, honey and dry mustard; mix well. Coat chicken drumsticks well with barbecue sauce mixture. Arrange chicken in single layer over potato mixture in slow cooker, overlapping slightly if necessary. Spoon any remaining barbecue sauce mixture over chicken.

3. Cover; cook on low setting for 7 to 10 hours.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 300 • Calories from Fat 50 • % Daily Value: Total Fat 6g 9% • Saturated Fat 2g 10% • Cholesterol 80mg 27% • Sodium 300mg 13% • Total Carbohydrate 34g 11% • Dietary Fiber 3g 12% • Sugars 25g • Protein 28g • Vitamin A 250% • Vitamin C 25% • Calcium 4% • Iron 10% • **DIETARY EXCHANGES:** 1 Starch, 1½ Fruit, 3 Lean Meat **OR** 2½ Carbohydrate, 3 Lean Meat

DOUGHBOY TIP

Of the many varieties of sweet potatoes, two types are common in most supermarkets. Dark-skinned sweet potatoes with deep orange flesh are more moist and sweet than the pale-skinned variety with light yellow flesh. For this recipe, the dark-skinned sweet potatoes are ideal.

sweet-and-sour chicken with rice

YIELD: 8 SERVINGS

Prep Time: 25 minutes (Ready in 10 hours)

1 (20-oz.) can pineapple chunks in unsweetened juice
1 cup fresh baby carrots, cut in half
½ cup chopped onion
3 garlic cloves, minced
1 teaspoon finely chopped gingerroot
2 lb. boneless skinless chicken thighs, cut into 2-inch pieces
½ cup reduced-sodium soy sauce
½ cup firmly packed brown sugar
1⅓ cups uncooked regular long-grain white rice
2⅔ cups water
1 medium red bell pepper, cut into 1-inch pieces
1 medium green bell pepper, cut into 1-inch pieces
¼ cup water
¼ cup cornstarch
Chopped fresh parsley, if desired

1. Drain pineapple, reserving juice. Place pineapple chunks in small bowl; cover and refrigerate.

2. In 4½- to 6-quart slow cooker, combine carrots, onion, garlic and gingerroot; mix well. Top with chicken. In small bowl, combine soy sauce, brown sugar and reserved pineapple juice; mix well. Pour over chicken.

3. Cover; cook on low setting for 7 to 9 hours.

4. About 35 minutes before serving, cook rice in 2⅔ cups water as directed on package. Stir pineapple and bell peppers into chicken mixture. Increase heat setting to high; cover and cook 20 minutes.

5. In small bowl, blend ¼ cup water and cornstarch until smooth. Stir into chicken mixture. Cover; cook on high setting for an additional 10 minutes. Stir parsley into rice. Serve chicken mixture with rice.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 305 • Calories from Fat 53 • % Daily Value: Total Fat 6g 9% • Saturated Fat 2g 10% • Cholesterol 45mg 15% • Sodium 590mg 25% • Total Carbohydrate 48g 16% • Dietary Fiber 2g 8% • Sugars 40g • Protein 17g • Vitamin A 92% • Vitamin C 54% • Calcium 6% • Iron 14% • **DIETARY EXCHANGES:** 1 Starch, 2 Fruit, 1 Vegetable, 2 Very Lean Meat **OR** 3 Carbohydrate, 1 Vegetable, 2 Very Lean Meat

SERVE WITH

If you're taking this Asian favorite to a potluck or gathering, try serving it with chow mein noodles instead of rice. The noodles add a nice crunch, and there's no worry about keeping them hot.

chicken legs with herbed onion sauce

YIELD: 5 SERVINGS

Prep Time: 15 minutes (Ready in 5 hours 15 minutes)

10 chicken drumsticks (about 2 lb.), skin removed

2 cups frozen pearl onions, thawed

¼ cup dry white wine or chicken broth

¼ cup evaporated milk

2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley flakes

1 teaspoon dried tarragon leaves

¼ teaspoon salt

¼ teaspoon dried rosemary leaves, crushed

1 (10¾-oz.) can condensed cream of chicken soup

1. Place chicken drumsticks in 3½- to 6-quart slow cooker. In medium bowl, combine all remaining ingredients; mix well. Pour over chicken.

2. Cover; cook on low setting for 4 to 5 hours.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅕ of Recipe • Calories 210 • Calories from Fat 70 • % Daily Value: Total Fat 8g 12% • Saturated Fat 3g 15% • Cholesterol 87mg 29% • Sodium 640mg 27% • Total Carbohydrate 11g 4% • Dietary Fiber 1g 4% • Sugars 4g • Protein 24g • Vitamin A 10% • Vitamin C 4% • Calcium 6% • Iron 14% • **DIETARY EXCHANGES:** 2 Vegetable, 3 Very Lean Meat, 1 Fat



DOUGHBOY TIP

Save the time of having to spoon that extra fat off the top of the sauce before you serve it by removing the fat from the chicken legs before cooking.

savory turkey breast

YIELD: 12 SERVINGS
Prep Time: 15 minutes (Ready in 9 hours 15 minutes)

1 (6- to 6½-lb.) bone-in turkey breast
½ cup chopped onion
½ cup chopped celery
1 bay leaf
1 teaspoon salt
½ teaspoon coarsely ground black pepper
1 teaspoon chicken-flavor instant bouillon
½ cup water

1. Remove gravy packet or extra parts from turkey breast. Place onion, celery and bay leaf in cavity of turkey. Place turkey in 5- to 6-quart slow cooker. Sprinkle with salt and pepper.



2. In small bowl, combine bouillon and water; stir until dissolved. Pour over turkey.

3. Cover; cook on low setting for 8 to 9 hours. Remove and discard bay leaf before serving.

NUTRITION INFORMATION PER SERVING: Serving Size: ½ of Recipe • Calories 305 • Calories from Fat 115 • % Daily Value: Total Fat 13g 20% • Saturated Fat 4g 20% • Cholesterol 125mg 42% • Sodium 410mg 17% • Total Carbohydrate 0g 0% • Dietary Fiber 0g 0% • Sugars 0g • Protein 47g • Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 8% • **DIETARY EXCHANGES:** 7 Very Lean Meat, 1 Fat

SERVE WITH

Make an easy holiday meal by serving slices of this moist and flavorful turkey with gravy, baked acorn squash and a tossed green salad. Add warm whole wheat rolls and cranberry sauce for a festive finish.

turkey and bacon wild rice casserole

YIELD: 5 SERVINGS

Prep Time: 25 minutes (Ready in 6 hours 25 minutes)

4 slices bacon, cut into 1/2-inch pieces
1 lb. turkey breast tenderloins, cut into ½- to 1-inch pieces
1 cup coarsely chopped carrots
½ cup coarsely chopped onion
½ cup sliced celery
1 cup uncooked wild rice
1 (10¾-oz.) can condensed cream of chicken soup
2½ cups water
2 tablespoons soy sauce
¼ to ½ teaspoon dried marjoram leaves
⅛ teaspoon pepper

1. Cook bacon in large skillet over medium heat until almost crisp. Add turkey, carrots, onion and celery; cook 2 minutes or until turkey is browned, stirring frequently.



2. Spoon mixture into 3½- to 4-quart slow cooker. Add all remaining ingredients; mix well.

3. Cover; cook on low setting for 5 to 6 hours.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅕ of Recipe • Calories 390 • Calories from Fat 140 • % Daily Value: Total Fat 15g 23% • Saturated Fat 5g 25% • Cholesterol 75mg 25% • Sodium 1080mg 45% • Total Carbohydrate 33g 11% • Dietary Fiber 3g 12% • Sugars 4g • Protein 30g • Vitamin A 140% • Vitamin C 4% • Calcium 4% • Iron 15% • **DIETARY EXCHANGES:** 2 Starch, 3½ Lean Meat, 1 Fat **OR** 2 Carbohydrate, 3½ Lean Meat, 1 Fat

SERVE WITH

Parmesan Rosemary Crescents add a nice flavor touch to this turkey casserole. Separate an 8-oz. can refrigerated crescent dinner rolls into 8 triangles. Mix together 1 tablespoon softened margarine, 2 tablespoons grated Parmesan cheese and 1 teaspoon dried rosemary leaves, crushed. Brush mixture over each triangle. Roll and bake as directed on can.

turkey breast with bulgur and feta cheese

YIELD: 4 SERVINGS
Prep Time: 20 minutes (Ready in 5 hours 20 minutes)

1 cup uncooked bulgur or cracked wheat
¼ cup sliced green onions
1½ teaspoons dried oregano leaves
¼ teaspoon pepper
1 garlic clove, minced
1 (14-oz.) can chicken broth
3 tablespoons lemon juice
1 (2- to 2 1/2-lb.) bone-in turkey breast half
½ teaspoon salt
¼ cup pitted kalamata or Greek olives
1 oz. (¼ cup) crumbled feta cheese

1. In 3½- to 6-quart slow cooker, combine bulgur, onions, 1 teaspoon of the oregano, pepper, garlic, broth and lemon juice; mix well. Sprinkle turkey breast half with salt and remaining ½ teaspoon oregano. Place turkey on top of bulgur mixture.

2. Cover; cook on low setting for 4 to 5 hours.

3. Remove turkey from slow cooker. Cut turkey into slices. Stir olives and cheese into bulgur mixture. Serve turkey with bulgur mixture.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 510 • Calories from Fat 170 • % Daily Value: Total Fat 19g 29% • Saturated Fat 6g 30% • Cholesterol 155mg 52% • Sodium 1070mg 45% • Total Carbohydrate 30g 10% • Dietary Fiber 7g 28% • Sugars 2g • Protein 62g • Vitamin A 4% • Vitamin C 4% • Calcium 10% • Iron 18% • **DIETARY EXCHANGES:** 2 Starch, 8 Very Lean Meat, 2 Fat **OR** 2 Carbohydrate, 8 Very Lean Meat, 2 Fat



DOUGHBOY TIP

The best way to thaw a turkey breast is in the refrigerator. Allow about 24 hours for the 2- to 2½-pound turkey breast half in this recipe. Or you can use the cold water thawing method by placing the tightly wrapped turkey breast half in cold water. Allow 30 minutes per pound to thaw, and change the water often so it stays cold.

turkey and stuffing with onion glaze

YIELD: 6 SERVINGS
Prep Time: 15 minutes (Ready in 6 hours 15 minutes)

1 tablespoon margarine or butter
½ cup chopped onion
1 tablespoon apple jelly
1 (6-oz.) pkg. turkey-flavor one-step stuffing mix
¾ cup water
1 (2- to 2½-lb.) boneless skinless turkey breast half
Salt and pepper

1. Melt margarine in medium skillet over medium heat. Add onion; cook 4 to 5 minutes or until tender and lightly browned, stirring occasionally. Stir jelly into onion mixture. Cook an additional 1 to 2 minutes or until golden brown, stirring occasionally.

2. Meanwhile, spray 4- to 6-quart slow cooker with nonstick cooking spray. Place stuffing mix in sprayed slow cooker. Drizzle with water; mix gently. If desired, sprinkle turkey breast half with salt and pepper. Place on stuffing mix. Spoon onion mixture over turkey; spread evenly.

3. Cover; cook on low setting for 5 to 6 hours.

4. Remove turkey from slow cooker. Cut turkey into slices. Serve stuffing topped with turkey slices.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 285 • Calories from Fat 35 • % Daily Value: Total Fat 4g 6% • Saturated Fat 1g 5% • Cholesterol 100mg 33% • Sodium 540mg 23% • Total Carbohydrate 25g 8% • Dietary Fiber 1g 4% • Sugars 3g • Protein 38g • Vitamin A 2% • Vitamin C 0% • Calcium 4% • Iron 16% • **DIETARY EXCHANGES:** 1½ Starch, 5 Very Lean Meat **OR** 1½ Carbohydrate, 5 Very Lean Meat

SERVE WITH

Steamed broccoli, cranberry relish and **Garlic Cheese Biscuits** make this a turkey dinner you'll want to serve year-round. Separate a 16.3-oz. can large refrigerated flaky biscuits into 8 biscuits. Place biscuits about 2 inches apart on ungreased cookie sheet. Mix 1 tablespoon melted margarine and ¼ teaspoon garlic powder; brush over biscuits. Sprinkle ¼ cup shredded Cheddar cheese over biscuits. Bake as directed on can.

barbecued turkey and vegetables

YIELD: 4 SERVINGS
Prep Time: 20 minutes (Ready in 10 hours 20 minutes)

1 cup barbecue sauce
½ cup hot water
2 bone-in turkey thighs (1½ lb.), skin removed
3 medium potatoes, unpeeled, each cut into 8 pieces
6 medium carrots, cut into 2 1/2 x ½-inch sticks

1. In medium bowl, combine barbecue sauce and water; mix well. In 3½- to 4-quart slow cooker, layer turkey, potatoes and carrots. Pour sauce mixture over top.



2. Cover; cook on low setting for 8 to 10 hours.

3. With slotted spoon, remove turkey and vegetables from slow cooker; place on serving platter. Remove turkey meat from bones and cut into pieces; discard bones. Spoon cooking juices from slow cooker over turkey and vegetables.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 350 • Calories from Fat 35 • % Daily Value: Total Fat 4g 6% • Saturated Fat 1g 5% • Cholesterol 105mg 35% • Sodium 740mg 31% • Total Carbohydrate 53g 18% • Dietary Fiber 5g 20% • Sugars 21g • Protein 30g • Vitamin A 100% • Vitamin C 8% • Calcium 18% • Iron 24% • **DIETARY EXCHANGES:** 3 Starch, 2 Vegetable, 2 Very Lean Meat **OR** 3 Carbohydrate, 2 Vegetable, 2 Very Lean Meat



DOUGHBOY TIP

When time is tight, prepare the vegetables the night before and cover them with water. Before leaving the house in the morning, simply drain and discard the water, then combine the veggies with the other ingredients.

turkey-rotini casserole

YIELD: 4 SERVINGS

Prep Time: 15 minutes (Ready in 8 hours 50 minutes)

1 cup fat-free chicken broth with ⅓ less sodium

½ cup water

1 small stalk celery

½ teaspoon dried thyme leaves

1 bay leaf

2 bone-in turkey thighs (about 1½ lb.), skin removed

1 (1.25-oz.) pkg. Alfredo sauce mix

1 (10¾-oz.) can condensed 98% fat-free cream of mushroom soup

1 (9-oz.) pkg. frozen cut broccoli in a pouch, thawed, drained

8 oz. (about 2½ cups) uncooked rotini (spiral pasta)

½ cup grated Parmesan cheese

1. In 3½- to 4-quart slow cooker, combine broth and water. Add celery, thyme and bay leaf. Top with turkey thighs.
2. Cover; cook on low setting for 6 to 8 hours.
3. About 35 minutes before serving, remove turkey, celery and bay leaf from slow cooker; discard celery and bay leaf. Increase heat setting to high. In small bowl, combine sauce mix and soup; mix well. Stir into liquid in slow cooker. Stir in broccoli. Cover; cook on high setting for about 30 minutes or until thickened.



4. Meanwhile, cook rotini to desired doneness as directed on package. While rotini is cooking, remove turkey meat from bones and cut into pieces; discard bones.
5. Return turkey to slow cooker. Stir in cooked rotini and cheese.

NUTRITION INFORMATION PER SERVING: Serving Size: ¼ of Recipe • Calories 580 • Calories from Fat 135 • % Daily Value: Total Fat 15g 23% • Saturated Fat 6g 30% • Cholesterol 165mg 55% • Sodium 1730mg 72% • Total Carbohydrate 59g 20% • Dietary Fiber 4g 16% • Sugars 5g • Protein 56g • Vitamin A 22% • Vitamin C 20% • Calcium 28% • Iron 36% • **DIETARY EXCHANGES:** 3 Starch, 2 Vegetable, 6 Very Lean Meat, 2 Fat **OR** 4 Carbohydrate, 2 Vegetable, 6 Very Lean Meat, 2 Fat



DOUGHBOY TIP

Other shapes of similarly sized pasta can also be used in this casserole. Wagon wheels, mafalda (mini-lasagna noodles) and penne will work well, too.

turkey and bean cassoulet

YIELD: 6 SERVINGS
Prep Time: 20 minutes (Ready in 18 hours 25 minutes)

1½ cups dried great northern beans
1 lb. turkey breast tenderloins, cut into 1-inch pieces
1 medium green bell pepper, chopped (1 cup)
1 cup sliced celery
½ cup chopped onion
2 garlic cloves, minced
2 bay leaves
¼ teaspoon pepper
1 (14-oz.) can chicken broth
1½ cups water
1 (14.5-oz.) can diced tomatoes, undrained
¾ teaspoon salt

1. Place beans in medium bowl; add enough water to cover. Let stand at least 8 hours or overnight to soak.

2. Drain beans; discard water. In 3½- to 4-quart slow cooker, combine beans and all remaining ingredients except tomatoes and salt; mix well.

3. Cover; cook on low setting for 8 to 10 hours.

4. About 10 minutes before serving, stir tomatoes and salt into turkey mixture. Remove and discard bay leaves. Cover; cook on low setting an additional 10 minutes or until thoroughly heated.

NUTRITION INFORMATION PER SERVING: Serving Size: ⅙ of Recipe • Calories 280 • Calories from Fat 20 • % Daily Value: Total Fat 2g 3% • Saturated Fat 0g 0% • Cholesterol 50mg 17% • Sodium 640mg 27% • Total Carbohydrate 35g 12% • Dietary Fiber 11g 44% • Sugars 4g • Protein 31g • Vitamin A 10% • Vitamin C 30% • Calcium 10% • Iron 25% • **DIETARY EXCHANGES:** 2 Starch, 3 Vegetable, 3 Very Lean Meat **OR** 2 Carbohydrate, 1 Vegetable, 3 Very Lean Meat

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